

GROUP EXERCISE SCHEDULE



OUTDOOR

ALL classes are \$3 each (Unless otherwise indicated) Please visit Event Brite.com and pay for your class in advance. 12 Spaces are available for each class. Classes are outside. Bring your own mat.



IVY FITNESS CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0600		PT Cycle* @ Ivy	PT Cycle*@ Ivy	PT Cycle* @ Ivy			
		TacticalFitnessTraining *@ Ivy	TacticalFitnessTraining *@ Ivy	TacticalFitnessTraining *@ Ivy			
0900		Strength @IronHorsePark \$3	Yoga@IronHorsePark \$3	Strength @IronHorsePark \$3			
1200		TacticalFitnessTraining *@ McKibben		TacticalFitnessTraining *@ McKibben			
1700	CrossFit*@Waller						
1700	TotalBodyHitt @Ivy\$3	BootCamp@Waller \$3	Core@IronHorsePark \$3	BootCamp@Waller \$3			
1800	BootCamp@McKibben \$3		BootCamp@McKibben \$3	XtremeHipHopStep @Ivy\$3			



More Events and Info at
carson.armymwr.com



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Ivy Fitness Center
6415 Specker Ave, Building 1925
Fort Carson, CO 80913



CLASS DESCRIPTIONS

All classes are 45-55 minutes and are held at Iron Horse PFC., Bldg. 1925, unless otherwise noted.

CLASS		DESCRIPTION
Class	Description	
Classes	Classes on posted on Event Brite. Please pay for the class you wish to attend. Have your confirmation code on your phone and be to the location for your class.	
Strength	Working all the major muscle groups. High Repetition. Great way to get all your lifting done.	
Yoga	The term "yoga" comes from a Sanskrit word meaning "union." Yoga combines physical exercises, mental meditation , and breathing techniques to strengthen the muscles and relieve stress. Physical postures strengthen and tone muscles, and when performed in rapid succession, can provide cardiovascular conditioning. Meditation and deep breathing can reduce stress, thereby lowering blood pressure and inducing relaxation. Mind/body awareness can influence mood and self-esteem to improve quality of life.	
CrossFit*	All CrossFit workout are based on functional movements and these movements reflect the best aspects of gymnastics, weightlifting , running, rowing and more. The program is designed for universal scalability, making it the perfect application for any committed individual, regardless of experience. This class is Free Call Waller Fitness Center for Reservation at 719-526-2742.	
PT Classes*	PT classes are for Active Duty Only. Reservations are taken at Ivy Fitness Center or McKibben Fitness Center based on location of class. Reservation is limited to 12 Soldiers in PT Uniform.	
Total body HITT	Come and be challenged with a Live Insanity instructor,. Designed to push you and challenge you at your own pace. No Videos here.	
Tactical Fitness Training*	Is designed to help improve movement, strength/endurance, cardio and agility to help you complete the ACFT. Classes are held on Tuesday (Strength), Wednesday (Circuit) and Thursday (Conditioning). Contact Tim Agan for more information at 719-524-2411 or timothy.j.agan3.naf@mail.mil for the PT 0600 at Ivy. Contact Zack at McKibben for the noon class.	
Xtreme Hip Hop Step	Xtreme Hip Hop is a fitness movement based on using step aerobics designed to challenge, yet awaken your fun side with callouts over hip-hop and r&b music from yesterday and today. The class is high-energy cardio to help you have fun, show out, and make step great again!	
Refund Policy:	No credit refunds will be issued.	
Waiver:	When purchasing this ticket you agree to: Assume all risks associated with participation in fitness classes, including but not limited to: falls, injury or death due to negligence on the part of yourself or other participants, weather variations to include high heat and humidity/extreme cold, injury or death due to improper use or failure of equipment.	
	You will need to bring your own Mat, water and Towel. No Sharing of Personal Equipment do to CDC regulations.	
COVID-19 Info:	All fitness instructors will be following Fort Carson COVID-19 policies in compliance with CDC guidelines. Please have a mask/face covering readily available at all times. It is encouraged to bring your own equipment to class, such as: yoga mats, towels, bands, weights.	
	If you wish to read more information on Fort Carson's efforts to stop the spread of COVID-19, please refer to the website at carson.army.mil	
Instructor	The Instructor reserves the right to enforce the policies set forth from the CDC. If someone is not in compliance the instructor has the right to enforce the policy. No refund will be given.	



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