

# GROUP EXERCISE SCHEDULE

## Oct 2020

ALL classes are \$3 each Credit card Preferred for payment and 45-55 minutes long. Monthly passes are available for \$45 each. Holiday weekend Please refer to the MWR Website



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0500		Indoor cycle		Indoor Cycle			
0630	PT Indoor Cycle*	PT RIP*	PT Indoor Cycle*	PT RIP*			
		Tactical Training*		Tactical Training*			
0800	SRU PT*	SRU PT*	SRU PT*	SRU PT*	SRU PT*		
0900	Zumba	Family Fitness	Zumba	Family Fitness	Zumba	Zumba	
1000	Strength	RIP Training	Circuit	RIP Training			
1100							
1330			Behavioral Health Yoga*				
1630	Indoor Cycle		Indoor Cycle				
1700				Total body HITT			
1730	Taekwondo		Taekwondo				
1830		Zumba		Xtreme Hip Hop Step			

IVY FITNESS CENTER

Please note:  
Credit card is the ONLY payment option  
Masks MUST BE WORN during class.  
12 people max in each class.  
Make sure you practice social distancing  
Please make sure to sanitize all equipment used in class.



More Events and Info at  
carson.armymwr.com



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



## CLASS DESCRIPTIONS

ALL CLASSES ARE 45-55 MIN and are held at IVY PFC BLDG 1925, unless otherwise noted.

CLASS	DESCRIPTION
	<p>Please note: Credit card is the ONLY payment option Masks MUST BE WORN during class. 12 people max in each class. Make sure you practice social distancing Please make sure to sanitize all equipment used in class.</p>
<b>Indoor Cycle</b>	Cycling adventure freeing your mind and energizing your body!
<b>Family Fitness</b>	"This class is designed to allow parents to stay fit while incorporating their children. Go through a mixture of high and low intensity cardio and strength building movements in this circuit style class. You'll get a full body workout and bonding time!"
<b>Zumba</b>	Latin fusion dance moves to keep your body moving!
<b>PT Classes*</b>	PT Indoor cycle, and PT RIP, are available for the Active Duty Soldier. All classes are by reservation. Please contact Kris (524-2520), Tim (524-2411) or Nick (526-2706) for details.
<b>Taekwondo</b>	\$60/ Month for the first Child \$40/Month for the second and the 3rd Child is FREE. Classes are Monday and Wednesday at 1830. Gain Self Control, Confidence and Self defense.
<b>Tactical Training</b>	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
<b>Xtreme Hip Hop Step</b>	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!



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