

GROUP EXERCISE SCHEDULE

May 2017

ALL classes are 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
McKibben PFC	0500		Indoor Cycle \$3		Indoor Cycle \$3			
	645	PT Indoor Cycle FREE	PT Spartan Group X Fort Carson FREE	PT Indoor Cycle FREE	PT Spartan Group X Fort Carson FREE	PT Indoor Cycle FREE	0800 Indoor Cycle \$3	
	0900		Indoor Cycle \$3		Indoor Cycle \$3		Indoor Cycle \$3	Spartan SGX Fort Carson Str \$5
	1000						Spartan SGX Fort Carson \$5	
	1200			K-OS \$3		K-OS \$3		
	1700		Indoor Cycle \$3	Indoor Cycle \$3				
	1830				Spartan Group X Fort Carson \$5			
Waller PFC	0645	PT Indoor Cycle FREE	PT Indoor Cycle FREE	Yoga FREE	PT Indoor Cycle FREE	Yoga FREE		
	0900	Zumba \$3		Zumba \$3		Zumba \$3	Zumba \$3	
	1000	Total tone \$3	Body Conditioning \$3	Core Blast \$3	Kettle Bell \$3	Yoga \$3		
	1100	Yoga \$3						
	1145	CrossFit FREE	CrossFit FREE	CrossFit FREE	CrossFit FREE	CrossFit FREE		
	1715				CrossFit FREE			
	1730	Cardio Tone \$3		Yoga \$3		Cardio Tone \$3		
	1830	Zumba \$3	Zumba \$3	Zumba \$3	Zumba \$3			
Garcia PFC	0630		PT TRX FREE	PT TRX FREE	PT TRX FREE			
	1000		TRX \$3		TRX \$3			
	1130		TRX Orientation	TRX Orientation	BEGINNER TRX FREE		TRX \$3	TRX \$3



More Events and Info at
MWRFortCarson.com



Ft. Carson Group Fitness
 CarsonDFMWR



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Iron Horse Physical Fitness Center
 6415 Specker Ave., building 1925



Information:
 719.526.2706



CLASS DESCRIPTIONS



CLASS	DESCRIPTION
Class	Description
Fort Carson Spartan SGX	Spartan SGX is a functional exercise program and ideal training regimen for individuals of all kinds of every ability and age. Metabolic Training, Functional Training, Obstacle Course Preparation, and Mental Training = UNBEATABLE MINDSET. All workouts can be scaled to individuals.
K-OS	A calorie scorching class that incorporates cardio, strength, and endurance! Get ready to burn in this instructor choice class!
Indoor Cycling	Cycling adventure freeing your mind and energizing your body!
Body Burn Boot Camp	A variety of resistance & cardiovascular exercises for a full-body burn. The Instructor will focus on always offering something new in class.
Yoga	Increases your flexibility and balance, improve your alignment & strength and reduces stress!
Boxing	This course, when approved, will be an intense work 3 Month class every Tuesday and Thursday. Unfortunately the start date is TBD, till we have clearance, to hang the Bags. Thank you fo your patience.
	

