

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0500		Cycle@ Iron Horse Gym \$3		Cycle@ Iron Horse Gym \$3		IRON HORSE UPDATES: Farrell’s Kickboxing starts Aug 16th. Classes will be Tues, Thurs at 1715 & Saturday at 0800. Yoga Starts Aug 17th. Class will be on Wednesdays at 1700. Pilates has moved to Thursdays at 1700 in the TRX room.	
0515							
0630	Pt Spin @Iron Horse	PtSpin(Res)@Iron Horse	Pt Spin @Iron Horse	PtSpin(Res)@Iron Horse	Pt Spin @Iron Horse		
		Pt TRX (RES)@Iron	Pt TRX @ Iron Horse	Pt TRX (RES)@Iron			
0645	Pt Spin@McKib	SpartanSGX@McKib	Pt Spin@McKib	SpartanSGX@McKib	Pt Yoga @ Waller Gym		
			Pt Yoga @Iron Horse	PTSpin(RES)@Waller	Pt Spin@McKib		
0800						Farrell’sKickboxing@IH \$3	
0900	Zumba@IronHorse Gym \$3	Cycle@ Iron Horse Gym \$3	Cycle@ Iron Horse Gym \$3	Cycle@ Iron Horse Gym \$3	Zumba@IronHorse Gym \$3	Cycle@ Iron Horse Gym \$3	TRX Reservation Only
	Cycle@ Iron Horse Gym \$3		Zumba@IronHorse Gym \$3			Zumba@IronHorse Gym \$3	
		Water Aerobic@ Nelson \$3		Water Aerobic@ Nelson \$3			
		Zumba@IronHorse Gym \$3					
0930							
1000	Total Tone@IronHorse \$3	TRX @Iron Horse Gym \$3	CoreBlast@IronHorse \$3	TRX @Iron Horse Gym \$3	TRX @Iron Horse Gym \$3		
				KettleBell@Ironhorse \$3			

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1030							
1100		TRX Orientation@Iron Free	TRX Orientation@Iron Free	TRX Orientation@Iron Free		TRX Orientation@Iron Free	TRX Orientation@Iron Free
1130							
1145	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE		
1200	Indoor Cycle@Iron \$3		K-OS@ McKibben Gym \$3	PiYo @ Iron Horse \$3	K-OS@ McKibben Gym \$3		
			RIP @ Iron Horse \$3				
1530				Beginner TRX@Garcia Free			
1630		PiYo@ Iron Horse \$3					
1700		Indoor Cycle@Iron \$3	Indoor Cycle@Iron \$3	Pilates@Iron Horse \$3			
			Yoga@Iron Horse Gym \$3				
1715		Cross Fit@ Waller FREE		Cross Fit@ Waller FREE			
		Farrell'sKickboxing@IH \$3		Farrell'sKickboxing@IH \$3			
1730	20/20/20 @ Iron Horse \$3	CardioTone@Iron Horse \$3		CardioTone@Iron Horse \$3			
1830	Zumba@IronHorse Gym \$3	Zumba@IronHorse Gym \$3	Zumba@IronHorse Gym \$3	Zumba@IronHorse Gym \$3			



CLASS DESCRIPTIONS

TITLE	DESCRIPTION
Step	Great cardio workout for all levels using platforms.
PiYo	Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with PiYo...PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.
Cardio Tone	Great for all fitness levels! A variety of cardio which may include step, high/low and more.
TRX/TRX Express	Increase strength, endurance, and core power in this total body workout. Short on time? Try TRX Express 45min class.
Indoor Cycle	Cycling adventure freeing your mind and energizing your body!
20/20/20	A little bit of everything , 20 min step, 20 min Weights, 20 min of core training and a lot of fun.
Zumba	Latin fusion dance moves to keep your body moving!
Yoga	Increase your flexibility and balance, improve your alignment and strength and reduce stress!
K-OS	A calorie scorching class that incorporates cardio, strength, and endurance! Get ready to burn in this instructor choice class.
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.
Farrell's Kickboxing	Get your hands wrapped and get your gloves on. Be prepared to hit and kick your way into shape. Fast paced and challenging.
RIP Training	Strengthen your core with this functional training class that uses variable resistance!
Kettle Bell	Increase strength, muscles and stamina while burning fat!!
Water Aerobics	Great cardio class taught in the Water! Great for all fitness levels.
Olympic Weightlifting Seminar	Learn Knowledge form Oscar Chaplin, a USA Olympic Champion, and record holder for the Snatch, Clean & Jerk on how to faithfully execute the Olympic style movements. Seminar is located at Garcia 719-526-3944. Please call for Availability.
Pilates	Pull out your gym mat and get ready to do a series of movements that will stabilize and strengthen your core. You'll get stronger, more sculpted muscles and gain flexibility. You may also have better posture and a better sense of well-being.



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Gym address
Gym address



Gym name
Phone number





CLASS DESCRIPTIONS

TITLE	DESCRIPTION
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SpartanSGX	Metabolic Training, Functional Training, Obstacle Course Preparation, and Mental Training = UNBEATABLE MINDSET. Spartan GX is a functional exercise program and ideal training regimen for individuals of all kinds of every ability and age.
CrossFit	Constantly varied high-intensity functional movements designed for universal scalability.
Total Tone	Taking kettlebells and adding many pieces of equipment to trim your body, give you more energy, and strengthen and tone your muscles. This class emphasizes basic strength training and calorie burn. Your heart will pump and your muscles will burn as you get stronger, trimmer, and fit!
Core Blast	Be ready to tone up and blast calories. This class is designed to work your whole body with an emphasis on core. This class uses TRX and other equipment to make your body a machine. Core blast will help you with strength, balance, power, and other functional training principles.



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