

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Body Boot Camp Pace 5:15 am-6:00 am</p> <p>P90X Live Barry/Jessimie 6:00 am - 7:00 am Gammon Room C</p> <p>Circuit Training Sierra 5:00 pm-6:00 pm Gammon Room C</p> <p>Zumba Katrin/Ruti 6:00 pm - 7:00 pm Gammon Room C</p>	<p>Cardio Core (TABATA) Barry/Jessimie 6:00 am - 7:00 am Gammon Room C</p> <p>Ride or Die April 5:00 am - 5:45 pm Gammon Room A</p> <p>Strong Nation Ruti 5:00 pm - 6:00 pm Gammon Room C</p> <p>Zumba Toning Katrin/Ruti 6:00 pm - 7:00 pm Gammon Room C</p>	<p>Body Boot Camp Pace 5:15 am-6:00 am</p> <p>MetKon Rx Barry/Jessimie 6:00 am - 7:00 am Gammon Room C</p> <p>Ride or Die April 5:00 pm -5:45pm Gammon Room A</p> <p>Circuit Training Sierra 6:00 pm - 7:00 pm Gammon Room C</p>	<p>HIIT Barry/Jessimie 6:00 am - 7:00 am Gammon Room C</p> <p>Morning Spin 6:00 am - 7:00 am Gammon Room A</p> <p>Move Strong Maria 11:00 am-12:00 pm Gammon Room D</p> <p>Strong Nation Ruti/Ivy 5:00 pm-6:00 pm Gammon Room C</p> <p>Yoga Jeff 5:30 pm - 6:30 pm Gammon Room D</p> <p>Zumba Ruti/Ivy 6:00 pm - 7:00 pm Gammon Room C</p>	<p>MetKon Rx Barry/Jessimie 6:00 am - 7:00 am Gammon Room C</p> <p>Morning Spin Adrianna 9:00 am - 10:00 am Gammon Room A</p> <p>Zumba Ruti/Zamary 10:00 am - 11:00 am Gammon Room C</p>	<p>MetKon Rx (Cardio/Kore) Barry/Jessimie 8:00 am - 9:00 am Gammon Room C</p>	<p>PiYo Barry/Jessimie 8:00 am - 9:00 am Gammon Room C</p>

2025

FITNESS CALENDAR



- All classes conducted at Gammon Fitness Center
- Open to ALL eligible military ID card holders 12 years and older
- Classes are \$5.00
 - Credit card purchases only accepted on-site before classes
 - Cash purchases may be made prior to class at Gammon Gym
- Punch cards may be purchased at Gammon Gym
 - 10-class punch cards \$45.00 (expire 60 days from purchase)
 - Monthly unlimited passes \$70.00 (expire 30 days from purchase)

- Classes can be canceled without notice
- Check Fort Knox Sports and Fitness Facebook page for cancellations or updates or call (502) 624-4033 to check the status of your class.