

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
P90X Live Barry/Jessimie 6:00 am - 7:00 am Gammon Room C	Cardio Core (TABATA) Barry/Jessimie 6:00 am - 7:00 am Gammon Room C	MetKon Rx Barry/Jessimie 6:00 am - 7:00 am Gammon Room C Morning Spin Adrianna/Lina 6:00 am - 7:00 am Gammon Room A	HIIT (Abs/Upper) Barry/Jessimie 6:00 am - 7:00 am Gammon Room C	MetKon Rx Barry/Jessimie 6:00 am - 7:00 am Gammon Room C Rhythm & Flow Spin Class Lina 6:00am - 7:00am Gammon Room A	SATURDAY & SUNDAY CLASSES ARE FREE * MUST BE PRE-REGISTERED FOR GAMMON 24/7 TO UTILIZE 24/7 ACCESS AND FREE CLASSES	
Strong Nation Ruti/Ivy 5:00 pm - 6:00 pm Gammon Room C			Yoga Strong Maria 12:00pm - 1:00pm Gammon Room D		INSANITY! Barry/Jessimie 8:00 am - 9:00 am Gammon Room C	PiYo Barry/Jessimie 8:00 am - 9:00 am Gammon Room C
Zumba Katrín/Ruti 6:00 pm - 7:00 pm Gammon Room C	Zumba Toning Katrín/Ruti 6:00 pm - 7:00 pm Gammon Room C	Yoga Kelly 5:30 pm - 6:30 pm Gammon Room D Body Pump Victoria 6:00 pm - 7:00 pm Gammon Room C			Morning Spin Adrianna/Lina 9:00 am - 10:00 am Gammon Room A	
Rhythm & Flow Spin Class Lina 6:00pm - 7:00pm Gammon Room A						

GAMMON
FITNESS

OPEN 24 HOURS 7 DAYS A WEEK

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.