



MARCH 2018

MONDAY

Wake Up Spin
(B) Adriana
6:00 a.m. - 6:45 a.m.

Yoga
(C) Sarah
8:30 a.m. - 9:30 a.m.

Total Body Blast
(A) Jennifer S.
9:30 a.m. - 10:30 a.m.

Sweat N' Step
(C) Shelly
5:00 pm - 6:00 pm

Power Ride (B) Al
6:00 p.m. - 7:00 p.m.

Zumba (C) Katrin
6:00 p.m. - 7:00 p.m.

Chisel It
(A) Libby
6:15 p.m. - 7:15 p.m.

TUESDAY

Instructor's Surprise
(B) Karla
8:30 a.m. - 9:30 a.m.

Yoga (C) Sarah
9:30 a.m. - 10:30 a.m.

Step It Up (C) Shannon
11:30 a.m. - 12:30 p.m.

Power Ride (B) Libby
4:30 p.m. - 5:30 p.m.

Insanity! (A) Barry
5:00 p.m. - 5:45 p.m.
**LENGTH OF CLASS
MAY VARY**

Happy Hour Yoga
(C) Alison
5:00 p.m. - 6:00 p.m.

Zumba Toning
(C) Ruti/Katrin
6:00 p.m. - 7:00 p.m.

Piloxing
(A) Libby
6:30 p.m. - 7:30 p.m.

WEDNESDAY

Wild Out Spin (B) Roni
6:00 a.m. - 6:45 a.m.

Total Body Blast
(C) Shauna
9:30 a.m. - 10:30 a.m.

BLT (C) Libby
4:30 p.m. - 5:00 p.m.
Ripped Rumble (C) Libby
5:00 p.m. - 6:00 p.m.

PiYo (A) Barry
5:00 p.m. - 6:00 p.m.

TRX (Balcony) Michelle
5:00 p.m. - 6:00 p.m.

Strong by Zumba (C)
Ruti/Katrin
6:00 p.m. - 7:00 p.m.

THURSDAY

Wake up Spin (B) Al
6:00 a.m. - 6:45 a.m.

Tight Arms & Abs
(A) Shauna
8:45 a.m. - 9:30 a.m.

Morning Ride
(C) Jennifer S.
9:30 a.m. - 10:30 a.m.

Step It Up (C) Shannon
11:30 a.m. - 12:30 p.m.

Insanity! (A) Barry
5:00 p.m. - 5:45 p.m.
**LENGTH OF CLASS
MAY VARY**

Zumba (C)
Ruti/Katrin
6:00 p.m. - 7:00 p.m.

Power Ride (B)
Libby
6:15 p.m. - 7:15 p.m.

Pilates Fusion (C)
Shelly
7:00 p.m. - 8:00 p.m.

FRIDAY

Wake up Spin (B) Chris
6:00 a.m. - 6:45 a.m.

Yoga (C) Sarah
8:30 a.m. - 9:30 a.m.

Chisel It
(A) Libby
9:30 a.m. - 10:30 a.m.

Lunch Spin Express
(B) Elaine
11:30 a.m. - 12:30 p.m.

Sweat N' Step
(A) Shelly
5:00 p.m. - 6:00 p.m.

Strong by Zumba (C) Ruti
5:30 p.m. - 6:30 p.m.

SATURDAY

Party Ride
(B) Chris/José
9:00 a.m. - 10:00 a.m.

Yoga
(C) Alison
9:00 a.m. - 10:00 a.m.
Cancelled Mar 17 & 31

Insanity! (A) Barry
10:00 a.m. - 11:00 a.m.
LENGTH OF CLASS MAY VARY

Zumba (C) Ruti
10:00 a.m. - 11:00 a.m.

Strong by Zumba
(C) Elaine
11:00 a.m. - 12:00 p.m.

SUNDAY

TRX (balcony) Michelle
9:00 a.m. - 10:00 a.m.

PiYo (C) Barry
10:00 a.m. - 11:00 a.m.

All Classes are \$3 per class

10 class punch cards can be purchased for \$25
(good for 180 days, no refund, no- transferable)

Monthly unlimited passes can be purchased for \$40 (good
for 30 days, no refunds, non-transferable)

Please check Fort Knox Sports and Fitness Facebook page
for cancellations or announcements. Call (502) 624-4033
to make sure your class will be held.
Classes can be taught by various instructors.
Classes can be canceled without notice.