



# JULY 2018

## MONDAY

### Wake Up Spin

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

### Yoga

(C) Sarah  
9:00 a.m. - 10:00 a.m.

### Total Body Conditioning

(A) Elaine  
8:30 a.m. - 9:30 a.m.

### Morning Ride

(B) Jennifer S.  
9:30 a.m. - 10:30 a.m.

### Chisel It

(A) Elaine  
5:00 p.m. - 6:00 p.m.

### Power Ride (B) Al

6:00 p.m. - 7:00 p.m.

### Zumba (C) Katrin

6:00 p.m. - 7:00 p.m.

## TUESDAY

### Boot Camp

(C) Karla/Terry  
6:00 a.m. - 7:00 a.m.

### Instructor's Surprise

(C) Karla  
8:30 a.m. - 9:30 a.m.  
**Only July 3 & 10**

### Yoga (C) Sarah

9:30 a.m. - 10:30 a.m.  
**Cancelled July 31**

### 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 Toning

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

## WEDNESDAY

### All Classes

**Cancelled July 4**

### Wild Out Spin (B) Roni

6:00 a.m. - 6:45 a.m.

### Total Body Conditioning

(C) Jennifer S.  
8:30 a.m. - 9:30 a.m.

### Power Ride

(B) Elaine  
4:30 p.m. - 5:30 p.m.

### PiYo (A) Barry

5:00 p.m. - 6:00 p.m.

### Strong by Zumba (C)

Ruti/Katrin  
6:00 p.m. - 7:00 p.m.

## THURSDAY

### Boot Camp

(C) Karla/Terry  
6:00 a.m. - 7:00 a.m.  
**Cancelled July 26**

### Intervals & Abs

(C) Jennifer S.  
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**

### Power Ride (B)

Al  
6:00 p.m. - 7:00 p.m.

### Zumba (C)

Ruti/Katrin  
6:00 p.m. - 7:00 p.m.

## FRIDAY

### Wake up Spin (B)

Various Instructors  
6:00 a.m. - 6:45 a.m.

### Total Body Conditioning

(A) Elaine  
8:30 a.m. - 9:30 a.m.

### Yoga (C) Sarah

9:30 a.m. - 10:30 a.m.

### Strong by Zumba

(C) Ruti/Katrin  
5:30 p.m. - 6:30 p.m.

## SATURDAY

### Party Ride

(B) José  
9:00 a.m. - 10:00 a.m.

### 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

### 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.