



# AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Wake Up Spin</b> (B) Adriana 6:00 a.m. - 6:45 a.m.  <b>Yoga</b> (C) Sarah 9:00 a.m. - 10:00 a.m.  <b>Total Body Conditioning</b> (A) Elaine 8:30 a.m. - 9:30 a.m.   <b>Pilates</b> (C) Jennifer G 5:00 p.m. - 6:00 p.m.  <b>Chisel It</b> (A) Elaine 5:00 p.m. - 6:00 p.m.  <b>Power Ride</b> (B) Al 6:00 p.m. - 7:00 p.m.  <b>Zumba</b> (C) Katrin 6:00 p.m. - 7:00 p.m.	<b>Boot Camp</b> (C) Terry 6:00 a.m. - 7:00 a.m.   <b>Yoga</b> (C) Sarah 9:30 a.m. - 10:30 a.m.  <b>Step It Up</b> (C) Shannon 11:30 a.m. - 12:30 p.m. <i>Cancelled Aug 21</i>  <b>Insanity!</b> (C) Barry 5:00 p.m. - 5:45 p.m. <b>LENGTH OF CLASS MAY VARY</b>  <b>Zumba Toning</b> (C) Ruti/Katrin 6:00 p.m. - 7:00 p.m.  <b>Power Ride</b> (B) Jennifer G 6:00 p.m. - 7:00 p.m.	<b>Wild Out Spin</b> (B) Roni 6:00 a.m. - 6:45 a.m.  <b>Total Body Conditioning</b> (C) Joel 8:30 a.m. - 9:30 a.m.   <b>PiYo</b> (C) Barry 5:00 p.m. - 6:00 p.m.  <b>Strong by Zumba</b> (C) Ruti/Katrin 6:00 p.m. - 7:00 p.m.	<b>Wake Up Spin</b> (B) Al 6:00 a.m. - 6:45 a.m.  <b>Boot Camp</b> (C) Terry 6:00 a.m. - 7:00 a.m.  <b>Intervals &amp; Abs</b> (C) Joel 8:45 a.m. - 9:30 a.m.  <b>Step It Up</b> (C) Shannon 11:30 a.m. - 12:30 p.m. <i>Cancelled Aug 23</i>  <b>Insanity!</b> (C) Barry 5:00 p.m. - 5:45 p.m. <b>LENGTH OF CLASS MAY VARY</b>  <b>Power Ride</b> (B) Al 6:00 p.m. - 7:00 p.m.  <b>Zumba</b> (C) Ruti/Katrin 6:00 p.m. - 7:00 p.m.	<b>Wake up Spin</b> (B) José 6:00 a.m. - 6:45 a.m.  <b>Total Body Conditioning</b> (A) Elaine 8:30 a.m. - 9:30 a.m.  <b>Yoga</b> (C) Sarah 9:30 a.m. - 10:30 a.m.  <b>Strong by Zumba</b> (C) Ruti/Katrin 5:30 p.m. - 6:30 p.m.  <b>Power Ride</b> (B) Jennifer G 6:00 p.m. - 7:00 p.m. <i>Cancelled Aug 3</i>	<b>Pilates</b> (C) Jennifer G 8:00 a.m. - 9:00 a.m. <i>Cancelled Aug 4</i>  <b>Party Ride</b> (B) José 9:00 a.m. - 10:00 a.m.  <b>Insanity!</b> (A) Barry 10:00 a.m. - 11:00 a.m. <b>LENGTH OF CLASS MAY VARY</b>  <b>Zumba</b> (C) Joe/Ruti 10:00 a.m. - 11:00 a.m.

## SUNDAY

<b>Power Ride</b> (B) Jennifer G 9:00 a.m. - 10:00 a.m. <i>Cancelled Aug 5</i>	<b>PiYo</b> (C) Barry 10:00 a.m. - 11:00 a.m.
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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.

# GAMMON FITNESS CENTER HOURLY CHILDCARE

**WILL OFFER EVENING CHILDCARE AS A TRIAL RUN**  
**AUGUST 6 - SEPTEMBER 7**  
**8 AM - 12 PM & 4 PM - 8 PM**  
**MONDAY - FRIDAY**

FOR RESERVATIONS: GAMMON PFC CHILDCARE (502) 624-3676 OR WEBTRAC