



NOVEMBER 2018

MONDAY

**All Classes Cancelled
November 12**

Manic Monday Cycle

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

Yoga

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

Cardio Sculpt

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

Zumba

(C) Jenny
11:30 a.m. - 12:30 p.m.



Chisel It

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

Power Ride

(B) Al
5:30 p.m. - 6:30 p.m.

Zumba

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

TUESDAY

Boot Camp

(A) Jann
6:00 a.m. - 7:00 a.m.

Absolution

(C) Joel
8:45 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.
Cancelled Nov 13 & 20

Butt & Gut

(A) April
5:00 p.m. - 5:45 p.m.

Insanity!

(C) 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

Wild Out Cycle

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

Zumba

(C) Kimberly
6:30 a.m. - 7:15 a.m.

Total Body Conditioning

(C) Joel
8:30 a.m. - 9:30 a.m.

Morning Ride

(B) April
9:30 a.m. - 10:30 a.m.

Zumba

(C) Jenny
12:00 p.m. - 1:00 p.m.

**All EVENING Classes
Cancelled November 21**

PiYo

(C) Barry
5:00 p.m. - 6:00 p.m.

Power Ride

(B) Al
5:30 p.m. - 6:30 p.m.

Strong by Zumba

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

THURSDAY

**All Classes Cancelled
November 22**

Wake Up Spin

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

Overdrive

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

Cardio Circuit

(C) Jann
8:30 a.m. - 9:30 a.m.

Booty Camp

(C) April
9:30 a.m. - 10:15 a.m.

Step It Up

(C) Shannon
11:30 a.m. - 12:30 p.m.
Cancelled Nov 15

Total Body Conditioning

(A) April
5:00 p.m. - 5:45 p.m.

Insanity!

(C) 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.

FRIDAY

**All Classes Cancelled
November 23**

Beast Mode Cycle

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

Total Body Conditioning

(A) Elaine
9:00 a.m. - 10:00 a.m.

Yoga (C) Sarah

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

Morning Ride

(B) April
11:00 a.m. - 12:00 p.m.

Zumba (C) Jenny

11:30 a.m. - 12:30 p.m.

Strong by Zumba

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

SATURDAY

Strong by Zumba

(C) Rui/Alex
8:00 a.m. - 9:30 a.m.
ONLY Nov 3 & 17

Party Ride

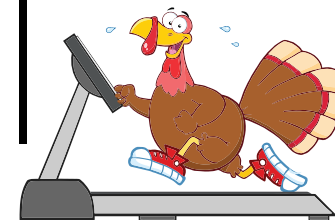
(B) José
9:00 a.m. - 10:00 a.m.

Insanity!

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

Zumba

(C) Joe
10:00 a.m. - 11:00 a.m.
Cancelled Nov 24



SUNDAY

PiYo (C) Barry

10:00 a.m. - 11:00 a.m.

All Classes are \$4 per class

**10 class punch cards can be purchased for \$35
(good for 180 days, no refund, no- transferable)**

**Monthly unlimited passes can be purchased for \$60
(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.**

FORT KNOX FITNESS SCHEDULE CLASS DESCRIPTIONS

Absolution - A great combination of concentrated core exercises paired with deep, restorative stretching.

Booty Camp - Target your lower body in this quick workout designed to get you in those skinny jeans!

Cardio Sculpt – Non-stop resistance training combined with heart rate raising cardio exercises.

Cardio Circuit - Multiple cardio, calorie blasting exercises combined to give you an amazing workout using your body as your resistance!

Chisel It - Incorporates weights, bodyweight drills and more to build muscle and blast calories!

Cycle/Spin - Early morning indoor cycling classes that help get you moving and motivated for the day. These workouts will leave you excited and energized to have a great work day!

Insanity! - Your instructor will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab/core training moves. No equipment or weights needed. Just the will to get the hardest body you've ever had!

Intervals & Abs - Quick intense workout incorporating high intensity intervals and core strengthening exercises to get you swimsuit ready in a no time.

Overdrive - Extremely high-intensity interval training that combines all-out work efforts with short bouts of recovery periods to maximize your results.

Party Ride - This class will be you pumped up on a Saturday morning for sure! Feel like you're hanging out with friends instead of burning some serious calories with a great indoor cycling class.

PiYo - is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it.

Power Ride - Get moving and speed up your workout with this indoor cycling class.

Step It Up - Gives you fun, heart-pumping routines combined with strength training intervals to give you a complete cardio/weight workout.

Strong by Zumba - This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn too!

Total Body Conditioning - Get ready to muscle up for a full-blown body workout that will get you pumped, in the sweaty spirit and totally wanting more!.

TRX - Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously

Yoga - This class is great for the beginner who wishes to build a strong foundation and for seasoned practitioners who want to revisit the fundamentals of their yoga practice. Move through basic flows with plenty of instructions. Props and modifications will be offered so students can find the postures that work best for their bodies.

Zumba - A combination of Latin and International music that creates an exciting and effective workout!

Zumba Toning - Combines targeted body-sculpting exercises and high-energy cardio work.