



# DECEMBER 17 - JANUARY 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>All classes cancelled Dec 24 &amp; Dec 31</p> <p><b>Manic Monday Cycle</b> Adriana 6:00 am-6:45 am</p> <p><b>Yoga</b> Sarah (C) 8:30 am-9:30 am</p> <p><b>Zumba</b> Jenny (A) 11:30 am-12:30 pm</p>	<p>All classes cancelled Dec 25 &amp; Jan 1</p> <p><b>Absolution</b> Joel (C) 8:45 am-9:30 am</p> <p><b>Yoga</b> Sarah (C) 9:30 am-10:30 am</p> <p><b>Step It Up</b> Shannon (C) 11:30 am-12:30 pm</p>	<p><b>Wild Out Cycle</b> Roni (B) 6:00 am-6:45 am</p> <p><b>Zumba</b> Kimberly (A) 6:30 am-7:15 am Cancelled December 26</p> <p><b>Total Body Conditioning</b> Joel (C) 8:30 am-9:30 am</p> <p><b>Morning Ride</b> April (B) 9:30 am-10:30 am</p>	<p><b>Wake Up Spin</b> Al (B) 6:00 am-6:45 am</p> <p><b>Overdrive</b> Terry (C) 6:00 am-7:00 am</p> <p><b>Cardio Circuit</b> Jann (C) 8:30 am-9:30 am Only December 19</p> <p><b>Booty Camp</b> April (C) 9:30 am-10:15 am</p> <p><b>Step It Up</b> Shannon (C) 11:30 am-12:30 pm</p>	<p><b>Beast Mode Cycle</b> Adriana (B) 6:00 am-6:45 am</p> <p><b>Total Body Conditioning</b> Elaine (A) 9:30 am-10:30 am</p> <p><b>Yoga</b> Sarah (C) 9:30 am-10:30 am Cancelled December 21</p> <p><b>Morning Ride</b> April (B) 11:00 am-12:00 pm</p> <p><b>Zumba</b> Jenny (A) 11:30 am-12:30 pm</p>	<p><b>Party Ride</b> José (B) 9:00 am-10:00 am</p> <p><b>Insanity!</b> Barry (A) 10:00 am-11:00 am LENGTH OF CLASS MAY VARY</p> <p><b>Zumba</b> Joe (C) 10:00 am-11:00 am</p>
SUNDAY					
<p><b>PiYo (C) Barry</b> 10:00 am - 11:00 am</p>					
<p>All Classes are \$4 per class</p> <p>10 class punch cards can be purchased for \$35 (good for 60 days, no refund, no- transferable)</p> <p>Monthly unlimited passes can be purchased for \$60 (good for 30 days, no refunds, non-transferable)</p> <p>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.</p>					

## GAMMON PFC HOURS

December 17-January 1, 2019

Monday- Friday: 0500-1500

Saturday & Sunday: 0700-1500

December 24 & December 31: 0700-1500

**Gammon PFC CLOSED:**

December 25 & January 1