

MAR 03

GROUP FITNESS CALENDAR

ANY CLASS

JUST \$4 EACH

10 CLASS PUNCH CARD

\$35*

MONTHLY UNLIMITED

\$60**

* Good for 60 days, no refund, non-transferable.

** Good for 30 days, no refund, non-transferable.

Classes may be lead by other instructors.

Classes can be cancelled without notice

Check Fort Knox Sports and Fitness Facebook page for cancellations or updates or call (502) 624-4033 to check the status of your class.



MON	TUE	WED	THU	FRI	SAT	SUN
Manic Monday Cycle Adriana (B) 6 a.m.—6:45 a.m.	Yoga Sarah (C) 6:30 a.m.—7:30 a.m.	Wild Out Cycle Roni (B) 6 a.m.—6:45 a.m.	Cardio Combat Jann (C) 8:30 a.m.—9:30 a.m.	Beast Mode Cycle Adriana (B) 6 a.m.—6:45 a.m.	Insanity! Barry (C) 8 a.m.—9 a.m. <small>LENGTH OF CLASS MAY VARY</small>	Piyo Barry (C) 10 a.m.—11 p.m.
Yoga Sarah (C) 8:30 a.m.—9:30 a.m.	Absolution Joel (C) 8:45 a.m.—9:30 a.m.	Zumba Kimberly (A) 6:30 a.m.—7:15 a.m.	Yoga Sarah (C) 8:30 a.m.—9:30 a.m.	Total Body Conditioning Elaine (A) 9:30 a.m.—10:30 a.m.	Strong by Zumba Ruti/Alex (C) 9 a.m.—10 a.m.	
Zumba Jenny (C) 11:30 a.m.—12:30 p.m.	Yoga Maria/Courtney (C) 9:30 a.m.—10:30 a.m.	Total Body Conditioning Joel (C) 8:30 a.m.—9:30 a.m.	Booty Camp April (C) 9:30 a.m.—10:15 a.m.	Yoga Sarah (C) 9:30 a.m.—10:30 a.m.	Party Ride José (B) 9 a.m.—10 a.m.	
Chisel It April (C) 5 p.m.—6 p.m.	Step It Up Shannon (C) 11:30 a.m.—12:30 p.m. NO CLASS MAR 26	Morning Ride April (B) 9:30 a.m.—10:30 a.m.	Step It Up Shannon (C) 11:30 a.m.—12:30 p.m. NO CLASS MAR 28	Zumba Jenny (A) 11:30 a.m.—12:30 p.m.	Zumba Various (C) 10 a.m.—11 a.m.	
Zumba Katrin (C) 6 p.m.—7 p.m.	Butt & Gut April (A) 5 p.m.—5:45 p.m.	P90X Live Barry (C) 5 p.m.—6 p.m.	Total Body Conditioning April (A) 5 p.m.—5:45 p.m.	Strong by Zumba Ruti/Katrin (C) 5:30 p.m.—6:30 p.m.		
	Yoga Sarah (C) 5:30 p.m.—6:30 p.m.	Strong by Zumba Ruti/Katrin (C) 6 p.m.—7 p.m.	Insanity! Barry (C) 5 p.m.—6 p.m. <small>LENGTH OF CLASS MAY VARY</small>			
	Zumba Toning Ruti/Katrin (A) 6 p.m.—7 p.m.		Zumba Ruti/Katrin (C) 6 p.m.—7 p.m.			

knox.armymwr.com



COMMIT TO BE FIT!

Have fun while getting fit in a group fitness class.

Gammon Fitness

850 Radio St • Fort Knox, KY

ABSOLUTION

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

CYCLE/SPIN

Early morning indoor cycling classes that help get you moving and motivated for the day.

PARTY RIDE

This class will get you pumped for sure! Feel like your hanging out with friends instead of burning calories during this awesome class.

STRONG BY ZUMBA

Push past your plateaus using your own body weight to gain muscular endurance, tone, and definition.

ZUMBA

A combination of Latin and international music that creates an exciting and effective workout

BOOTY CAMP

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

INSANITY!

Your instructor will push you past your limits with plyometric drills on top of nonstop interval training.

PIYO

A total-body fitness system that combines Pilates and yoga to whip you into shape from head to toe.

TOTAL BODY CONDITIONING

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

ZUMBA TONING

Combines targeted body-sculpting exercises with a high-energy workout.

CARIO SCULPT

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

INTERVALS & ABS

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

POWR RIDE

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

P90X LIVE

NEW!

P90X LIVE is the total-body strength and conditioning group fitness class. It's perfect for all fitness levels and can be modified so everyone can participate.

CHISEL IT

Incorporates weights, bodyweight drills and more to build muscle and blast away those calories.

OVERDRIVE

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

STEP IT UP

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

YOGA

This class is great for the all experience levels Move through basic flows with expert instruction.

INTERESTED IN 1-ON-1 TRAINING?

Personal training is the most effective way to get and stay fit.

Single Session Five Sessions Ten Sessions
\$35 \$150 \$275

Sessions are 60 minutes each.

For more info call:

(502) 624-4030