

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