

MAY

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. Cancelled May 27	Boot Camp Jann (A) 6 a.m.—6:45 a.m.	Wild Out Cycle Roni (B) 6 a.m.—6:45 a.m.	Boot Camp Terry (C) 6 a.m.—6:45 a.m.	Beast Mode Cycle Adriana (B) 6 a.m.—6:45 a.m.	Insanity! Barry (C) 8 a.m.—9 a.m.	Piyo Barry (C) 10 a.m.—11 p.m.
Cardio Circuit Jann (C) 8:30 a.m.—9:30 a.m. Cancelled May 27	Hardcore HIIT Cori (A) 8:45 a.m.—9:30 a.m.	Zumba Kimberly (A) 6:30 a.m.—7:15 a.m.	Cardio Circuit Jann (A) 8:30 a.m.—9:30 a.m.	Boot Camp Terry (C) 6 a.m.—6:45 a.m.	Party Ride José (B) 9 a.m.—10 a.m.	
Morning Ride Cori (B) 8:30 a.m.—9:30 a.m. Cancelled May 27	Yoga Courtney (C) 9:30 a.m.—10:30 a.m.	Boot Camp Jann (C) 8:30 a.m.—9:30 a.m.	Yoga Courtney (C) 8:30 a.m.—9:30 a.m.	Morning Ride April (B) 8:30 a.m.—9:30 a.m.	Foam Rolling & Stretching Workshop April/ Joel (Balcony) 9:00-10:30 a.m. May 18 ONLY \$5	
Yoga Maria (C) 9:30 a.m.—10:30 a.m. Cancelled May 27	Step It Up Shannon (C) 11:30 a.m.—12:30 p.m.	Morning Ride April (B) 9:30 a.m.—10:30 a.m.	Booty Camp April (C) 9:30 a.m.—10:15 a.m.	Total Body Conditioning Cori (A), 9:30 a.m.—10:30 a.m. Cancelled May 24	Zumba Kimberly (C) 10 a.m.—11 a.m.	
Zumba Jenny (C) 11:30 a.m.—12:30 p.m. Cancelled May 27	Butt & Gut April (A) 5 p.m.—5:45 p.m.	P90X Live Barry (C) 5 p.m.—6 p.m.	Step It Up Shannon (C) 11:30 a.m.—12:30 p.m.	Yoga Maria (C) 9:30 a.m.—10:30 a.m.	Boot Camp Cori (A) 10 a.m.—11 a.m. Cancelled May 25	
P90X Live Barry (C) 5 p.m.—6 p.m. Cancelled May 27	Yoga Maria (C) 5:00 p.m.—6:00 p.m.	ACFT Prep Upper Body Terry (Balcony) 6 p.m.—7 p.m.	Boot Camp April (A) 5:00 p.m.—5:45 p.m.	Zumba Jenny (A) 11:30 a.m.—12:30 p.m. Cancelled May 31	Yoga Christine (C) 11:00 a.m.—12:00 p.m. Cancelled May 18	
Power Ride April (B) 5:30 p.m.—6:30 p.m. Cancelled May 27	Zumba Toning Ruti/Katrin (C) 6 p.m.—7 p.m.	Strong by Zumba Ruti/Katrin (C) 6 p.m.—7 p.m.	Insanity! Barry (C) 5 p.m.—5:45 p.m.	Strong by Zumba Ruti/Katrin (C) 5:30 p.m.—6:30 p.m. Cancelled May 24		
ACFT Prep Lower Body Terry (Balcony) 6 p.m.—7 p.m. Cancelled May 27			ACFT Prep Sprint Work Terry (Balcony) 6 p.m.—7 p.m.			
Zumba Katrin (C) 6 p.m.—7 p.m. Cancelled May 27			Zumba Ruti/Katrin (C) 6 p.m.—7 p.m.			



YOU GOT THIS!

Keep it going with your favorite 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

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) 624-4033