

JUNE

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Manic Monday Cycle Adriana (A) 6 a.m.—6:45 a.m.	Boot Camp Jann (B) 6 a.m.—6:45 a.m. NO CLASS JUN 25	Wild Out Cycle Roni (A) 6 a.m.—6:45 a.m.	Boot Camp Terry (C) 6 a.m.—6:45 a.m.	Beast Mode Cycle Adriana (A) 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. NO CLASS JUN 16
Cardio Kick Shannon (C) 6 a.m.—7 a.m.	Hardcore HIIT Cori (B) 9:30 a.m.—10:30 a.m.	Insanity! Romond (C) 6 a.m.—7 a.m. NO CLASS JUN 5 NO CLASS JUN 26		Boot Camp Terry (C) 6 a.m.—6:45 a.m.	Party Ride José (A) 9 a.m.—10 a.m.	
Morning Ride Cori (A) 8:30 a.m.—9:30 a.m. NO CLASS JUN 17	Yoga Courtney (C) 9:30 a.m.—10:30 a.m.	Boot Camp Jann (C) 9:15 a.m.—10:00 a.m. NO CLASS JUN 26	Yoga Courtney (C) 9:30 a.m.—10:30 a.m.	Morning Ride April (A) 8:30 a.m.—9:30 a.m.	Zumba Kimberly (C) 10 a.m.—11 a.m.	
Cardio Circuit Jann (C) 9:30 a.m.—10:30 a.m. NO CLASS JUN 24		Morning Ride April (A) 10:00 a.m.—10:45 a.m.	Booty Camp April (B) 9:30 a.m.—10:15 a.m.	Yoga Maria (C) 9:30 a.m.—10:30 a.m.	Yoga Christie (C) 11:00 a.m.—12:00 p.m.	
Yoga Maria (B) 9:30 a.m.—10:30 a.m.						
Zumba Jenny (C) 11:30 a.m.—12:30 p.m. NO CLASS JUN 3	Step It Up Shannon (C) 11:30 a.m.—12:30 p.m.	Boot Camp Joel (C) 11:30 a.m.—12:30 p.m.	Step It Up Shannon (C) 11:30 a.m.—12:30 p.m.	Zumba Jenny (C) 11:30 a.m.—12:30 p.m. NO CLASS JUN 7		
Power Ride April (A) 4:30 p.m.—5:30 p.m.	Butt & Gut April (C) 5 p.m.—5:45 p.m.	P90X Live Barry (C) 5 p.m.—6 p.m. NO CLASS JUN 12 NO CLASS JUN 19	Insanity! Barry (C) 5 p.m.—5:45 p.m.			
P90X Live Barry (C) 5 p.m.—6 p.m. NO CLASS JUN 17	Yoga Maria (C) 5:00 p.m.—6:00 p.m.	ACFT Prep Upper Body Terry (Balcony) 6 p.m.—7 p.m.	Yoga McKinsey (B) 5:00 p.m.—6:00 p.m.	HIIT Circuit Romond (B) 5:15 p.m.—6:15 p.m. NO CLASS JUN 7 NO CLASS JUN 28		
ACFT Prep Lower Body Terry (Balcony) 6 p.m.—7 p.m.	Zumba Toning Ruti/Katrin (C) 6 p.m.—7 p.m.	Strong by Zumba Ruti/Katrin (C) 6 p.m.—7 p.m.		Strong by Zumba Ruti/Katrin (C) 5:30 p.m.—6:30 p.m.		
Zumba Katrin (C) 6 p.m.—7 p.m.	Insanity! Romond (B) 6 p.m.—7 p.m. NO CLASS JUN 4 NO CLASS JUN 25		Zumba Ruti/Katrin (C) 6 p.m.—7 p.m.			

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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