

# JULY

## 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
<b>Manic Monday Cycle</b> Adriana (A) 6 a.m.—6:45 a.m. <b>Cancelled July 8th</b>	<b>Boot Camp</b> Jann (B) 6 a.m.—6:45 a.m.	<b>Wild Out Cycle</b> Roni (A) 6 a.m.—6:45 a.m. <b>Cancelled July 3rd</b>	<b>ALL CLASSES CANCELLED</b> <b>JULY 4, 2019</b>	<b>ALL CLASSES CANCELLED</b> <b>JULY 5, 2019</b>	<b>Insanity!</b> Barry (C) 8 a.m.—9 a.m.	<b>Piyo</b> Barry (C) 10 a.m.—11 p.m.
<b>Cardio Kick</b> Shannon (C) 6 a.m.—7 a.m. <b>Cancelled July 8th &amp; 15th</b>	<b>Hardcore HIIT</b> Cori (B) 9:30 a.m.—10:30 a.m.		<b>Boot Camp</b> Terry (C) 6 a.m.—6:45 a.m.	<b>Beast Mode Cycle</b> Adriana (A) 6 a.m.—6:45 a.m.	<b>Party Ride</b> José (A) 9 a.m.—10 a.m.	
<b>Morning Ride</b> Cori (A) 8:30 a.m.—9:30 a.m.	<b>Yoga</b> Courtney (C) 9:30 a.m.—10:30 a.m.	<b>Boot Camp</b> Jann (C) 9:15 a.m.—10:00 a.m.	<b>Butt &amp; Gut</b> April (B) 9:30 a.m.—10:15 a.m.	<b>Morning Ride</b> April (A) 8:30 a.m.—9:30 a.m.	<b>Zumba</b> Kimberly (C) 10 a.m.—11 a.m.	
<b>Cardio Circuit</b> Jann (C) 9:30 a.m.—10:30 a.m.				<b>Power Yoga</b> Maria (C) 9:30 a.m.—10:30 a.m.	<b>Yoga</b> Christie (C) 11:00 a.m.—12:00 p.m.	
<b>Power Yoga</b> Maria (B) 9:30 a.m.—10:30 a.m.						
<b>Zumba</b> Jenny (C) 11:30 a.m.—12:30 p.m.	<b>Step It Up</b> Shannon (C) 11:30 a.m.—12:30 p.m. <b>Cancelled in July</b>		<b>Step It Up</b> Shannon (C) 11:30 a.m.—12:30 p.m. <b>Cancelled in July</b>	<b>Zumba</b> Jenny (C) 11:30 a.m.—12:30 p.m.		
<b>Power Ride</b> April (A) 4:30 p.m.—5:30 p.m.	<b>Butt &amp; Gut</b> April (C) 5 p.m.—5:45 p.m.	<b>P90X Live</b> Barry (C) 5 p.m.—6 p.m.	<b>Insanity!</b> Barry (C) 5 p.m.—5:45 p.m.			
<b>P90X Live</b> Barry (C) 5 p.m.—6 p.m.	<b>Power Yoga</b> Maria (C) 5:00 p.m.—6:00 p.m.	<b>ACFT Prep Upper Body</b> Terry (Balcony) 6 p.m.—7 p.m.	<b>Flow Yoga</b> McKinsey (B) 5:00 p.m.—6:00 p.m. <b>Cancelled July 11th</b>	<b>HIIT Circuit</b> Romond (B) 5:15 p.m.—6:15 p.m.		
<b>ACFT Prep Lower Body</b> Terry (Balcony) 6 p.m.—7 p.m.	<b>Zumba Toning</b> Ruti/Katrin (C) 6 p.m.—7 p.m.	<b>Strong by Zumba</b> Ruti/Katrin (C) 6 p.m.—7 p.m. <b>Cancelled July 3rd</b>		<b>Strong by Zumba</b> Ruti/Katrin (C) 5:30 p.m.—6:30 p.m.		
<b>Zumba</b> Katrin (C) 6 p.m.—7 p.m.	<b>Insanity!</b> Romond (B) 6 p.m.—7 p.m. <b>Cancelled July 2nd &amp; 9th</b>		<b>Zumba</b> 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

### BOOT CAMP

A great workout designed to push you past your limits with exercises targeting your entire body.

### 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

### BUTT & GUT

Target your lower body and waistline 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.

### CARDIO CIRCUIT

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.

### POWER YOGA

Push your edge in these Power Vinyasa style classes designed to increase your heart rate and sculpt your body.

### POWER 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.

### HIIT CIRCUIT

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
<b>\$35</b>	<b>\$150</b>	<b>\$275</b>

Sessions are 60 minutes each.

For more info call:

**(502) 624-4033**