

NOVEMBER

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 Face-
book page for cancellations or updates
or call (502) 624-4033 to check the
status of your class.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ALL CLASSES CANCELLED NOVEMBER 11	Insanity! Barry (B) 5:30 a.m.—6:30 a.m.	ALL CLASSES CANCELLED NOVEMBER 27	ALL CLASSES CANCELLED NOVEMBER 28	ALL CLASSES CANCELLED NOVEMBER 29	Insanity! Barry (C) 8 a.m.—9 a.m.	P90X Live Barry (C) 9 a.m.—10 a.m.
Manic Monday Cycle Adrian (A) 6 a.m.—6:45 a.m.	ACFT Prep Upper Body Terry (Balcony) 6:30 a.m.—7:15 a.m.	Ride or Die April (A) 6 a.m.—6:45 a.m.	ACFT Prep Lower Body Terry (Balcony) 6:30 a.m.—7:15 a.m.	ALL CLASSES FREE ON NOVEMBER 8	Party Ride José (A) 9 a.m.—10 a.m.	Power Ride Jacqueline (A) 9 a.m.—10 A.m. NO CLASS NOV 3 & 10
Cardio Circuit Jann (B) 8:45 a.m.—9:45 a.m. NO CLASS NOV 18 & 25	Zumba Ruti (C) 8 a.m.—9 a.m.	Boot Camp Jann (C) 8:45 a.m.—9:45 a.m.	Zumba Toning Ruti (C) 8 a.m.—9 a.m.	P90X Live Barry (B) 5:30 a.m.—6:30 a.m.	Zumba Katrin (C) 10 a.m.—11 a.m.	Piyo Barry (C) 10 a.m.—11 p.m.
	Hardcore HIIT Jann (B) 8:45 a.m.—9:45 a.m. NO CLASS NOV 12 & 26		Butt & Gut April (B) 8:45 a.m.—9:30 a.m.	Beast Mode Cycle Adriana (A) 6 a.m.—6:45 a.m.		
Yoga Maria (C) 9:30 a.m.—10:30 a.m.	Inspirational Ride Jenn (A) 9 a.m.—10 a.m.			Morning Ride April (A) 8:30 a.m.—9:30 a.m.		
Zumba Jenny (C) 11:30 a.m.—12:30 p.m.	Yoga Courtney (C) 9:30 a.m.— 10:30 a.m.	Yoga Courtney (C) 11:30 a.m.— 12:30 p.m.	Step It Up Shannon (C) 11:30 a.m.— 12:30p.m.	Beast Mode Cycle Adriana (A) 9 a.m.—10 a.m. NOV 8 ONLY		
	Step It Up Shannon (C) 11:30 a.m.— 12:30p.m.		Insanity! Barry (C) 5 p.m.—5:45 p.m.	Friday Fun Yoga Maria (C) 9:30 a.m.—10:30 a.m.		
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.		Zumba Jenny (C) 11:30 a.m.— 12:30 p.m.		
P90X Live Barry (C) 5 p.m.—6 p.m.	Power Yoga Maria (C) 5 p.m.— 6 p.m.			Transform 20 Romond (B) 5:15 p.m.—5:45 p.m.		
ACFT Prep Terry (Balcony) 6 p.m.—7 p.m.	Zumba Toning Ruti/Katrin (C) 6 p.m.—7 p.m.	Power Ride Jacqueline (A) 6 p.m.—7 p.m.		Strong by Zumba Ruti/Katrin (C) 5:30 p.m.—6:30 p.m. NO CLASS NOV 8		
Zumba Katrin (C) 6 p.m.—7 p.m.	Insanity! Romond (C) 6 p.m.—7 p.m.	Strong by Zumba Ruti/Katrin (C) 6 p.m.—7 p.m.	Zumba Ruti/Katrin (C) 6 p.m.—7 p.m.	Power Ride Jacqueline (A) 6 p.m.—7 p.m.		

Happy Hour Yoga
at Samuel Adams Brewhouse
6 p.m.-7:30 p.m.
NOVEMBER 15 ONLY



YOU CAN DO IT!

Make it happen 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.

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.

TRANSFORM 20

Incorporates HIGH intensity circuit training and step into a 20 minute workout that gives amazing results.

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
\$35	\$150	\$275

Sessions are 60 minutes each.

For more info call:

(502) 624-4033