


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
P90X Live Barry/Jessimie 6:00 am - 7:00 am Gammon Room C	Cardio Core (TABATA) Barry/Jessimie 6:00 am - 7:00 am Gammon Room C	MetKon Rx Barry/Jessimie 6:00 am - 7:00 am Gammon Room C	HIIT Barry/Jessimie 6:00 am - 7:00 am Gammon Room C Morning Spin 6:00 am - 7:00 am Gammon Room A Move Strong Maria 11:00 am-12:00 pm Gammon Room D	MetKon Rx Barry/Jessimie 6:00 am - 7:00 am Gammon Room C	SATURDAY & SUNDAY CLASSES ARE FREE * MUST BE PRE-REGISTERED FOR GAMMON 24/7 TO UTILIZE 24/7 ACCESS AND FREE CLASSES <table border="1"> <tr> <td> MetKon Rx (Cardio/Kore) Barry/Jessimie 8:00 am - 9:00 am Gammon Room C </td> <td> PiYo Barry/Jessimie 8:00 am - 9:00 am Gammon Room C </td> </tr> <tr> <td> Morning Spin Adrianna 9:00 am - 10:00 am Gammon Room A </td> <td></td> </tr> <tr> <td> Zumba Ruti/Zamary 10:00 am - 11:00 am Gammon Room C </td> <td></td> </tr> </table>		MetKon Rx (Cardio/Kore) Barry/Jessimie 8:00 am - 9:00 am Gammon Room C	PiYo Barry/Jessimie 8:00 am - 9:00 am Gammon Room C	Morning Spin Adrianna 9:00 am - 10:00 am Gammon Room A		Zumba Ruti/Zamary 10:00 am - 11:00 am Gammon Room C	
MetKon Rx (Cardio/Kore) Barry/Jessimie 8:00 am - 9:00 am Gammon Room C	PiYo Barry/Jessimie 8:00 am - 9:00 am Gammon Room C											
Morning Spin Adrianna 9:00 am - 10:00 am Gammon Room A												
Zumba Ruti/Zamary 10:00 am - 11:00 am Gammon Room C												
Circuit Training Sierra 5:00 pm - 6:00 pm Gammon Room C	Strong Nation Ruti 5:00 pm - 6:00 pm Gammon Room C		Strong Nation Ruti/Ivy 5:00 pm - 6:00 pm Gammon Room C Yoga Jeff 5:30 pm - 7 pm Gammon Room D									
Zumba Katrin/Ruti 6:00 pm - 7:00 pm Gammon Room C	Zumba Toning Katrin/Ruti 6:00 pm - 7:00 pm Gammon Room C	Circuit Training Sierra 6:00 pm - 7:00 pm Gammon Room C	Zumba Ruti/Ivy 6:00 pm - 7:00 pm Gammon Room C									

FITNESS CALENDAR

- All classes conducted at Gammon Fitness Center
- Open to ALL eligible military ID card holders 12 years and older
- Classes are \$5.00
 - Credit card purchases only accepted on-site before classes
 - Cash purchases may be made prior to class at Gammon Gym
- Punch cards may be purchased at Gammon Gym
 - 10-class punch cards \$45.00 (expire 60 days from purchase)
 - Monthly unlimited passes \$70.00 (expire 30 days from purchase)

- Classes can be canceled 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.