SATURDAY MONDAY TUESDAY WEDNESDAY THURSDAY **FRIDAY SUNDAY SATURDAY & SUNDAY P90X Live Cardio Core MetKon Rx MetKon Rx** HIIT Barry/Jessimie (TABATA) Barry/Jessimie Barry/Jessimie (Abs/Upper) Barry/Jessimie 6:00 **CLASSES ARE FREE** 6:00 am - 7:00 am 6:00 am - 7:00 am 6:00 am - 7:00 am Barry/Jessimie Gammon Room C Gammon Room C Gammon Room C 6:00 am - 7:00 am am - 7:00 am * MUST BE PRE-REGISTERED Gammon Room C **Morning Rhythm & Flow FOR GAMMON 24/7** Gammon Room C Spin **Spin Class TO UTILIZE 24/7 ACCESS** Adrianna/Lina Lina **AND FREE CLASSES** 6:00 am - 7:00 am 6:00am - 7:00am Gammon Room A Gammon Room A **INSANITY! PiYo** Barry/Jessimie Barry/Jessimie 8:00 am - 9:00 am 8:00 am - 9:00 am Gammon Room C Gammon Room C **Morning Spin** Adrianna/Lina Yoga 9:00 am - 10:00 am Strong Gammon Room A Maria 12:00pm - 1:00pm Gammon Room D Strong **Nation** Ruti/Ivy 5:00 pm - 6:00 pm Gammon Yoga Room C Kelly 5:30 pm - 6:30 pm Gammon Room D Zumba Zumba **Body Toning** Katrin/Ruti Pump OPEN 24 HOURS 7 DAYS A WEEK Katrin/Ruti 6:00 pm - 7:00 pm Victoria Gammon Room C 6:00 pm - 7:00 pm 6:00 pm - 7:00 pm Gammon Room C Gammon Room C **Rhythm & Flow** Spin Class Lina END 6:00pm - 7:00pm Gammon Room A

- 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.