

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Body Boot Camp</b> Pace 5:15 am-6:00 am  <b>P90X Live</b> Barry/Jessimie 6:00 am - 7:00 am Gammon Room C  <b>Pump It Up</b> Elaine 10:00-10:45 am Gammon Room C	<b>Insanity!</b> Barry/Jessimie 6:00 am - 7:00 am Gammon Room C  <b>Basic Step</b> Elaine 10:00-10:45 am Gammon Room C  <b>Strong Nation</b> Ruti 5:00 pm - 6:00 pm Gammon Room C  <b>Yoga</b> Jeff/Maria 6:00 pm - 7:00 pm Gammon Room D  <b>Zumba Toning</b> Katrin/Ruti 6:00 pm - 7:00 pm Gammon Room C	<b>Body Boot Camp</b> Pace 5:15 am-6:00 am  <b>MetKon Rx</b> Barry/Jessimie 6:00 am - 7:00 am Gammon Room C  <b>Body Blast</b> Elaine 5:00 pm - 5:45pm Gammon Room C  <b>Strong Nation</b> Ruti/Katrin 6:00 pm - 7:00 pm Gammon Room C	<b>HIIT</b> Barry/Jessimie 6:00 am - 7:00 am Gammon Room C  <b>Morning Spin</b> 6:00 am - 7:00 am Gammon Room A  <b>Fit Express</b> Elaine 10:00-10:45 am Gammon Room C  <b>Mobility</b> Maria 12:00 pm - 1:00 pm Gammon Room D  <b>Step n' Tone</b> Elaine 5:00 pm - 5:45pm Gammon Room C  <b>Yoga</b> Jeff/Maria 6:00 pm - 7:00 pm Gammon Room D  <b>Zumba</b> Ruti 6:00 pm - 7:00 pm Gammon Room C	<b>MetKon Rx</b> Barry/Jessimie 6:00 am - 7:00 am Gammon Room C  <b>Total Body Conditioning</b> Elaine 10:00-10:45 am Gammon Room C	<b>MetKon Rx</b> (Cardio/Kore) Barry/Jessimie 8:00 am - 9:00 am Gammon Room C  <b>Morning Spin</b> Adrianna 9:00 am - 10:00 am Gammon Room A  <b>Strong Nation</b> Ruti/Katrin 9:00 am - 10:00 am Gammon Room C  <b>Zumba</b> Ruti/Zamary 10:00 am - 11:00 am Gammon Room C	<b>PiYo</b> Barry/Jessimie 8:00 am - 9:00 am Gammon Room C

# 2024 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.

# CLASS DESCRIPTIONS

**P90X LIVE** is a total-body cardio and strength training class that uses body weight as well as dumbbells, barbells, weight plates, and resistance tubing. It's easy to take in a LIVE group fitness setting—while still achieving the body transformations that P90X LIVE is known for. Each workout can be modified to accommodate a wide range of fitness levels and abilities—while creating a community of friendly competition, encouragement, and personal fitness breakthroughs.

**INSANITY!** offers total-body conditioning, complete with high-intensity cardio moves for anaerobic endurance, INSANITY workouts push individuals to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY is designed to give participants a safe, challenging, and results driven experience regardless of the varied fitness level of participants. Each class can accommodate beginners as well as athletes in peak condition.

**HIIT** Extremely high-intensity interval training that combines all-out work efforts with short bouts of recovery periods to maximize results.

**ZUMBA** A combination of Latin and international music that creates an exciting and effective workout.

**ZUMBA TONING** Combines targeted body-sculpting exercises with a high-energy workout.

**BOOTCAMP** A mix of strength and cardio for a full body burn! Interval training class for all levels designed to push you to be the better you.

**YOGA** This class is great for all experience levels. Move through basic flows with expert instruction.

**MIDDAY YOGA** This class is great for all experience levels. Move through basic flows with expert instruction.

**MORNING SPIN** Early morning indoor cycling classes that help get you moving and motivated for the day.

**FOUNDATIONS OF LIFTING** Lifting basics. An empowering beginner weightlifting class designed to introduce you to the world of strength and fitness. Certified trainer will guide you through the fundamental principles of weightlifting and building a solid foundation.

**STRONG NATION** Choreograph high-intensity interval training driven by music to make you move!

**PiYo LIVE** is a fusion-style of group exercise that features movements inspired by, but not limited to, various styles of Pilates and Yoga. PiYo LIVE workouts follow a structure that creates a safe, effective, and consistent group exercise class

**MetKon Rx** stands for science driven Metabolic Conditioning. This is a full body interval class that works all planes, different energy systems, and multiple muscle groups. The combination of functional strength training and cardio conditioning is an efficient way to build muscle, burn fat, and torch calories. MetKon Rx is designed to improve strength, power, athletic performance, and core stability. It's a fast moving, fun, and results driven class that's easily accessible to all levels.

**Body Blast** A great workout designed to push you past your limits with exercises targeting your entire body. A combination of weights and body weight movements to maximize results.

**BASIC STEP/STEP N'TONE** Energetic class using adjustable step boxes to sculpt lean muscle and push your cardio. Modifications for every move so it's perfect for all fitness levels.

**TOTAL BODY CONDITIONING** Challenge yourself with this motivating class that combines all-out work efforts with short bouts of recovery. Modifications for all fitness levels from beginning to advanced.

**Mobility** will unlock your body's potential through flexibility, and mobility exercises. Based on functional movement, you'll release physical restrictions, restore your full range of motion, and renew your core capabilities so you can move better, longer.