

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P90X Live Barry/Jessimie 6:00 am - 7:00 am Gammon Room C	Insanity! 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	MetKon Rx Barry/Jessimie 6:00 am - 7:00 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 Kevin/Brittany 6:00 am - 7:00 am Gammon Room A		Morning Spin Kevin/Brittany 6:00 am - 7:00 am Gammon Room A		Morning Spin Adrianna 9:00 am - 10:00 am Gammon Room A	
Pump It Up Elaine 9:00 am - 9:45 am Gammon Room C	Basic Step Elaine 9:00 am - 10:00 am Gammon Room C	Zumba Ceciley 10:30 am - 11:30 am Gammon Room C	Chisel It Elaine 9:00 am - 10:00 am Gammon Room C	From the Ground Up Ceciley 11:30 am - 12:30 pm Gammon Room C	Strong Nation Ruti/Katrin 9:00 am - 10:00 am Gammon Room C	
		From the Ground Up Ceciley 11:30 am - 12:30 pm Gammon Room C		CIRCL Ceciley 12:30 pm - 1:15 pm Gammon Room C	Zumba Ruti/Zamary 10:00 am - 11:00 am Gammon Room C	
From the Ground Up Ceciley 5:00 pm - 6:00 pm Gammon Room C	Strong Nation Ruti 5:00 pm - 6:00 pm Gammon Room C	AMRAP Elaine 5:00 pm - 5:45pm Gammon Room C	Step n' Tone Elaine 5:00 pm - 5:45pm Gammon Room C	<div> <div>2023</div> <div>FITNESS CALENDAR</div> <div>   </div> </div> <div></div>		
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	Strong Nation Ruti/Katrin 6:00 pm - 7:00 pm Gammon Room C	Yoga Jeff/Maria 6:00 pm - 7:00 pm Gammon Room D			
			Zumba Ruti/Ceciley 6:00 pm - 7:00 pm Gammon Room C			

- 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.

FROM THE GROUND UP A fitness class that combines Compound, and Dynamic strength training exercises with music, resistance bands, and weights to tone the entire body "From the Ground Up". This class is for every fitness level, and offers many variations to suit everyone's needs.

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.

PUMP IT UP/CHISEL IT 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.

AMRAP How many rounds or reps can you go? 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!

CIRCLMobility™ will unlock your body's potential through flexibility, breathwork, and mobility exercises. Based on the cutting-edge science of functional movement, you'll release physical restrictions, restore your full range of motion, and renew your core capabilities so you can move better, longer.