



October 2017 Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0515	Body Pump (A) Angela	Kettlebell (C) Carrie	Body Pump (A) Angela	Kettlebell (C) Carrie	Body Pump (A) Angela	
0830	Insanity (A) Cristina ❤️			Insanity (A) Cristina ❤️		
0900	TRX and More!(B/C) Tami	TRX (B/C) Tami	Zumba (A) Ashley ❤️ TRX and More!(B/C) Tami	TRX (B/C) Tami		09:15 Bodypump (A) Angela 09:15 Yoga (D) Luz
0930	Cycling (D) Sarah Zumba (A) June ❤️		Cycling (D) Sarah		Cycling (D) Sarah	Zumba (gym) June ❤️
1000		Yoga (B) Tami		Yoga (B) Tami		
1030						Cycling (D) Danae Strong by Zumba HIIT (A) June
1200	Body Pump (A) Lexi	Yoga (D) Jimi Zumba (A) Daphne ❤️	Body Pump (A) Lexi	Yoga (D) Jimi		11:15 Core (D) Danae (30 min class)
1300					Zumba (A) Ashley ❤️	
1630		Zumba (A) June ❤️				
1700	Circuit (A) Carrie Pilates (D) Madeline		Pilates (D) Madeline	Core De Force (A) Cristina	Kettlebell and more! (C) Carrie	
1730	Core De Force (B) Cristina	Cycling (D) Danae TRX (C) Tami Insanity (A) Cristina		Cycling (D) Danae		
1800	Yoga (D) Luz Zumba (A) Ashley ❤️		Yoga (D) Luz Zumba (A) Ashley ❤️	Strong by Zumba HIIT (A) Gwen		
1830		Core (D) Danae		Core (D) Danae		

NEW:

- TRX and More! On Mon and Wed mornings
- Insanity on Mon and Thu mornings as well as Tue evenings
- Ashley's morning Zumba moves to Wednesday
- Kettlebells and more on Friday.

Check Our Fort Riley Fitness on Facebook

WWW.FACEBOOK.COM/RILEYFITNESS

Or call 239-2583 for INFO

- Child friendly classes - these are adult classes that allow children of all ages to participate with supervision by parent. Call for more details. ❤️
- Noon classes are 30 minute sessions
- Training holiday is 6 Oct. Whitside is open 08:00-1800. On 6 Sep the 0515 class is cancelled. 9 Oct is Columbus Day so there will not be any classes.