



OCTOBER 2018 FITNESS SCHEDULE

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UPCOMING EVENTS!

OCTOBER 6TH-
 BREAST CANCER
 AWARENESS
 FITNESS CLASSES
 @ King Field
 House

OCTOBER 14TH-
 DOMESTIC
 VIOLENCE
 AWARENESS 2HR
 CLASS @
 WHITSIDE FC

OCTOBER 31ST-
 HALLOWEEN
 THEMED FITNESS
 CLASSES @
 WHITSIDE FC

Check out the
 Fort Riley Fitness
 Facebook page
 for more
 information or
 call 785-239-2583

**NEW
 INSTRUCTOR!!**
 Please help us
 welcome
 Kristina! She
 will be
 instructing
 Zumba!!

**Child Friendly
 Classes –**
 Participants
 may bring
 their children
 to all classes
 annotated
 with an
 asterisk*.
 Children 12
 and under
 may attend
 for free.
 Parents are
 responsible
 for
 supervising
 their children.

**Noon classes
 are 45
 minutes, all
 other classes
 are 1 hour
 unless
 otherwise
 noted.**

WHITSIDE FITNESS CENTER (684 Huebner Rd)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15	MUSCLE MAX (A) Marci		MUSCLE MAX (A) Marci		MUSCLE MAX (A) Marci		
5:30		Cycling (D) Marci		Cycling (D) Marci			
9:00	BUTTS&GUTS (A) Marci TRX/HIIT Combo (B/C) Tami	TRX (B/C) Tami	POUND (A) Marci	HIIT (B/C) Tami	PIYO (A) * Marci		
9:30						Zumba (A)* Gwen	
10:00	Cycling (D) Sarah		Cycling (D) Sarah		Cycling (D) Sarah		
		Yoga (B) Tami	Piyo (A)* Marci	Yoga (B) Tami			
10:30						Yoga (D) Luz STRONG (A) Gwen	
12:00	BODYPUMP (A) Dalicia	Zumba (A)* Daphne Cycling (D) Marci	BODYPUMP (A) Dalicia	Zumba (A) * Daphne Cycling (D) Marci	BODYPUMP (A) Dalicia		
13:30	MIXXEDFIT (A)* Carisa		MIXXEDFIT (A)*				
15:30							MIXXEDFIT (A)* Carisa
16:30							Body by Rissa (A)* Carisa
17:00	BODYPUMP (A) June	Body by Rissa (A) Carisa	BODYPUMP (A) June	Body by Rissa (A)	MIXXEDFIT (A)* Carisa		
18:00	Yoga (D) Luz Zumba (A)* June	MIXXEDFIT (A)* Carisa	Yoga (D) Zumba (A) *	MIXXEDFIT (A)*	Body by Rissa (A) Carisa		
19:00	Zumba (A)* Kristina	BODYPUMP (A) June	Zumba (A)* Kristina	BODYPUMP (A) June			

KING FIELD HOUSE (202 Custer Dr)

SATURDAY

8:15	Cancelled until further notice
9:30	Cancelled until further notice

October Training Holidays are OCTOBER 5TH– 8TH . (FRIDAY - MONDAY)

We will have classes both days that start 0900 and end by 1800.

NEW ZUMBA CLASS @ 1900 on Monday and Wednesday!

KFH SATURDAY CLASSES will be CANCELLED until further notice. Classes TBD.