



# APRIL 2019 FITNESS SCHEDULE

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## Body Pump 109 Release at King Field House!

- Pump up the jam for Body Pump 109! A 2 hour release class learning new moves from 109 release from 0930-1130 at King Field House. \$5 for tickets. Must have RECEIPTS to gain entry to class!

## NEW CLASSES AT KFH!

### RAPTR Training

- This class will focus on Circuit Training sessions incorporating Cardio and Strength training together. Available for Group PT sessions!

### Holistic Performance Training (HPT)

- This class will focus on strength, power movements, agility, and training techniques. Available for Group PT sessions!

## WHITSIDE FITNESS CENTER (684 Huebner Rd)

|       | MONDAY                             | TUESDAY                   | WEDNESDAY                            | THURSDAY                  | FRIDAY              | SATURDAY                     | SUNDAY         |
|-------|------------------------------------|---------------------------|--------------------------------------|---------------------------|---------------------|------------------------------|----------------|
| 5:30  |                                    | Cycling (D)               |                                      | Cycling (D)               |                     |                              |                |
| 9:00  |                                    | TRX (B/C)                 | TRX/HIIT Combo (B/C)                 | HIIT (B/C)                | Butts & Gutts (A)   |                              |                |
| 9:30  |                                    |                           |                                      |                           |                     | Zumba (A)*                   |                |
| 10:00 |                                    | Yoga (B)                  | PiYo (A)*                            | Yoga (B)                  |                     |                              |                |
| 10:30 | Cycling (D)                        |                           | Cycling (D)                          |                           |                     | Yoga (D)<br>STRONG/HIIT (A)* |                |
| 12:00 | <b>BODYPUMP (A)</b><br>Cycling (D) | Zumba (A)*<br>Cycling (D) | <b>MUSCLE MAX (A)</b><br>Cycling (D) | Zumba (A)*<br>Cycling (D) | <b>BODYPUMP (A)</b> |                              |                |
| 13:30 | MIXXEDFIT (A)*                     |                           | MIXXEDFIT (A)*                       |                           |                     |                              |                |
| 15:30 |                                    |                           |                                      |                           |                     |                              | MIXXEDFIT (A)* |
| 16:30 |                                    |                           |                                      |                           |                     |                              |                |
| 17:00 | <b>BODYPUMP (A)</b>                | Core & Strength (A)*      | <b>BODYPUMP (A)</b>                  |                           | MIXXEDFIT (A)*      |                              |                |
| 17:30 |                                    |                           |                                      | MIXXEDFIT (A)*            |                     |                              |                |
| 18:00 | Zumba (A) *                        | MIXXEDFIT (A)*            | Zumba (A)*                           |                           |                     |                              |                |
| 19:00 | STRONG/HIIT (A) *                  |                           | PiYo (A)*                            | <b>BODYPUMP (A)</b>       |                     |                              |                |

## KING FIELD HOUSE FFA (202 Custer Ave)

|      | MONDAY               | WEDNESDAY | FRIDAY                |
|------|----------------------|-----------|-----------------------|
| 6:30 | RAPTR Training (FFA) | HPT (FFA) | HPT/RAPTR Combo (FFA) |

Turn over for more class information!

**Training Holiday Hours:** April 19<sup>th</sup> – 22<sup>nd</sup> (Friday – Monday ) will be Training Holiday dates.

We will have classes on these days that start at 0900 and end by 1800 for Training Holiday Dates.

**Body Pump 109 Release Event** - April 20<sup>th</sup> (Saturday), Pump up the jam with our 2 hour release of Body Pump 109! Class will be \$5, and must have RECEIPT to gain access to class. Class will be held at King Field House from 0930-1130. tickets available for purchase at Whitside FC or KFH day of event.

## 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.

## Lunch Time Classes

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

# **FITNESS CLASS DESCRIPTIONS!**

## **\*ZUMBA\***

Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party! Once the Latin and World rhythms take over, you'll see why!

## **BODY PUMP**

This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is THE REP EFFECT™, a breakthrough in fitness training focusing on high repetition movements with low weight loads.

## **CYCLING**

Cycling class focuses on endurance, strength, intervals, high intensity and recovery, and involves using a special stationary exercise bicycle to keep you going! This is commonly called Spinning.

## **\*MIXEDFIT\***

MixedFit is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about this dance fitness program can be described as explosive – all of the movements are always big, exaggerated, full-out, and the fun!

## **\*CORE & STRENGTH\***

Pilates inspired resistance exercises, with an emphasis on core!

## **YOGA**

Yoga provides opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses and more. Patrons will learn about the principles of alignment and how to flow through their movements while having a relaxing and peaceful full body experience.

## **\*PIYO\***

This class is a blend of Pilates and Yoga. The Pilates part strengthens and tones the body, while the Yoga part promotes mindfulness and relaxation. As such, PIYO provides a total mind-body workout.

## **TRX**

The TRX Suspension Training is an all workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance

## **HIIT**

This High Intensity Interval Training (HIIT) class is a highly effective workout that combines full-body strength training with high intensity cardio bursts.

## **MUSCLE MAX**

Incorporating weight training and high reps to achieve definition, burn and muscle fatigue!

## **\*STRONG ( HIIT)\***

Strong by Zumba is a high intensity interval training workout driven by the science of synced music motivation. Crafted and reverse engineered, the songs match every move, driving the intensity in a challenging progression that provides a total body workout!

## **BUTTS & GUTS**

Sculpt, shape, and strengthen your abdominal, buttocks, and thigh muscle groups in this targeted, high-impact workout. This class will strengthen and tone all your core muscles, working on the back, butt and thighs in particular

## **\*POUND\***

POUND is predominantly a core, leg and glute workout, zooming in on the balance of lower back and abdominal strength. The entire body is integrated during the workout, with an emphasis on the muscles that “narrow” the body as opposed to ones that add bulk. Cardio is a huge component of every single Track adding drum sticks into the mix!

## **PERSONAL TRAINING**

With many different Personal Trainers to choose from, get the full experience and meet your goals all at the same time. Whether you want to work out as a group, with a friend, or one on one, our trainers work with our patrons schedules and assist them in having a healthy and fit lifestyle!

(Business cards and Bios located in the front lobby of Fitness Centers)

## **NEW U**

A group fitness class led by an experienced personal trainer! These groups are limited to 8 slots a session so get them quick! They will meet 3 times a week and the cost is \$75 for 12 Sessions.

## **\*BALLET WITH MADELINE\***

Experience Adult Ballet Classes with our fantastic instructor Madeline! Appointments made at Whitside Fitness Center! For more information/details call 785-239-2583 or visit Fort Riley Fitness Facebook page.

## **PT GROUP FITNESS CLASS**

This is offered to our active duty soldiers. The group will pay a fee of \$25 as a whole, while being led by one of our group fitness class instructors of their choice whether it being Body Pump, Cycling, and more!

## **RAPTR**

This class will focus on circuit Training sessions incorporating Cardio and Strength training together Available for reservation for Group PT sessions!

## **HOLISTIC PERFORMANCE TRAINING (HPT)**

This class will focus on strength, power movements, agility, and training techniques. Available for Group PT sessions!

**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.**