



JULY 2019 FITNESS SCHEDULE

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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!

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.

WHITSIDE FITNESS CENTER (684 Huebner Rd)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30		Cycling (D)		Cycling (D)			
8:30			Pilates (A)				
9:00	PILATES (A)						
9:30						Zumba (A)	
10:00	MIXXEDFIT (A)* Cycling (D)		Cycling (D) MIXEDFIT (A) *				
10:30						STRONG/HIIT (A)	
12:00	BODYPUMP (A)	Zumba (A) * Cycling (D)	MUSCLE MAX (A) June	Zumba (A)* Cycling (D)	BODYPUMP (A)		
13:30							
15:30							MIXXEDFIT (A) *
16:30							
17:00	BODYPUMP (A)	Pilates(A)*	BODYPUMP (A)				
17:30				MIXXEDFIT (A)*			
18:00	Zumba (A) Daphne*	MIXXEDFIT (A) Carisa *	Zumba (A) *				
19:00	PiYo(A) June*		PiYo (A) *				

KING FIELD HOUSE FFA (202 Custer Dr)

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY
6:30	RAPTR Training (FFA)		HPT (FFA)	HPT (FFA)
9:00				
10:00				

Class schedule changes

- Weds 8:30 Pilates sub for PiYo 3, 10, 24 July 19
- Cycling Cancelled 4, 9-11, 24-25, and 29-31 July 19
- MIXXEDFIT Master class Luau 14 July 19 3:00-4:30pm

TRAINING HOLIDAY: FRI 5 JULY 19 9:00am – 5:00pm
 classes only.

NO CLASSES ON THE 4th OF JULY

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. Cycling will be postponed on 4,9,11,25, and 30 July.

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!

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.

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!

FLEX AND STRETCH

This class is a blend of flexibility exercises and stretching techniques.

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