



FEBRUARY 2020 FITNESS SCHEDULE

Like us on Facebook
www.facebook.com/rileyfitness



Class Prices

Single Class:
\$3.00

10 Sessions:
\$25.00

30 Day
Unlimited:
\$40.00

LARGE GROUP AND PT CLASSES AT KFH!

To schedule a
group PT
session please
contact the
Fitness
coordinator

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)			
8:30					CYCLING (D)		
9:00		HIIT/TRX (C)	TRX(C)	HIIT(C)			
9:30			PIYO(A)*			ZUMBA (A)*	
10:00		YOGA (D)		YOGA(D)			
10:30						STRONG/HIIT (A)*	
12:00	BODYPUMP (A)	ZUMBA (A)* CYCLING (D)	BODYPUMP(A)	ZUMBA (A)* CYCLING (D)	MUSCLE MAX (A)		
13:30							
15:30							MIXXEDFIT (A)*
16:00							
17:00	BODYPUMP (A)		BODYPUMP (A)				
17:30							
18:00	ZUMBA (A) *	MIXXEDFIT (A) *	ZUMBA (A)*	MIXXEDFIT (A)*	MIXXEDFIT (A)*		
19:00							

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

- Wed Feb 5 Body Pump canceled

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.

Valentines

Fitness

Feb 10-14 is
Valentines
Fitness Week!!

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!

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!

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!

PILATES

Pilates is a form of strength and flexibility training that can be done by someone at any level of fitness. A series of nonimpact exercises designed to develop strength, flexibility, balance, and inner awareness.

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.