



# JUNE 2024 FITNESS SCHEDULE



## WHITSIDE FITNESS CENTER (684 Huebner Rd)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30							
8:30							
9:00							
9:30							
10:00							
11:00	HIIT (Gym)				TRX		
12:00							
13:00							
14:00							
15:00							
16:00							
17:00		SPIN					
17:30							
18:00	ZUMBA		ZUMBA				

**Class Prices**

Single Class:  
\$5.00

10 Sessions:  
\$30.00

30 Day  
Unlimited:  
\$50.00

**Holistic  
Performance  
Training (HPT)**

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

**Lunch Time  
Classes**

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

**Group PT**

To schedule a group PT session please contact the Fitness coordinator

**For More  
Information**

**Contact:**  
Fort Riley  
Fitness  
Department  
785-239-2813

## KING FIELD HOUSE

	MONDAY	WEDNESDAY	FRIDAY
6:30	HPT (Active Duty Only)	HPT (Active Duty Only)	HPT (Active Duty Only)

**NOTE: You must have registered for 24 hour access for weekend classes.**

- **ELIGIBILITY to use the Fitness Centers - IAW AR 215-1, Chapter 7, Table 7-1, page 34-35**
- **Zumba will be held in the studios**

# **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!

## **TRX**

The TRX Suspension Training is a form of suspension that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

## **HIIT**

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

## **SPIN**

This class is a combination of fast-paced cycling and strategic lighter rest intervals to get you recovered for the next burst. It's an amazing, challenging way to get incredibly fit. All it takes is pushing through those first sessions as they are always the hardest. Once you do, don't be surprised if you find yourself addicted.

## **PERSONAL TRAINING**

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)

## **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 HIIT, TRX, ZUMBA and more!

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

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