



# NOVEMBER 2025 FITNESS SCHEDULE



## 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! For reservations contact the Fitness Center Staff.

## NEW U FITNESS CLASS

NEW U is a strength / hiit program with a Personal Trainer for \$85/ month, no rollovers.

## Group PT

To schedule a group PT session please contact the Fitness coordinator

## For More Information Contact:

Fort Riley Fitness Department  
785-239-2915

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AFTERNOON CLASSES							
5:30PM		AQUA INTENSITY 5:30PM (Eyster)					
5:30PM							
6:00PM	ZUMBA		ZUMBA				
6:30PM		MIXXEDFIT		MIXXEDFIT			

\*Aqua Intensity: \$4 - single session / \$35 - 10 Class Pass  
45 Minutes of Cardio/Aqua Weights Combined  
Eyster Pool 6940 Warren Road – 785.239.4854



**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**
- **Fitness Classes are held in Studio A**

**FOR MORE INFORMATION CALL 785.239.2573**

# **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!

## **MIXXEDFIT**

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!

## **VINYASA FLOW YOGA**

Vinyasa Flow Yoga, is a type of yoga that focuses on fluid movements, this sequences of movements will teach you to move your body alongside with your breathing. Vinyasa Flow Yoga is an excellent way to tone your body, relax your mind and improve your flexibility. Attend these classes to engage in a physically challenging practice, which is suitable for all fitness levels.

## **NEW U**

New U program involves using basic functional movements with high intensity interval training (HITT) methods. These workouts will challenge all fitness levels. Group training sessions are available Mon/Wed/Fri at 4:30-5:30 pm.(no holidays or training holidays) \$85/month-no rollovers.

## **AQUA INTENSITY**

Aqua Intensity is a 45-minute class featuring a combination of cardio and weight training in the pool! Less stress on the joints while using the resistance of the water to “intensify” your workout. This workout features the use of water weights, aqua balls, step and occasionally aqua spin bikes. Tuesday’s at 5:30 pm at Eyster Pool.

## **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 @ \$35 per class by reservation only.

## **CYCLING**

45 Minute workout that simulates outdoor cycling on stationary bikes in an indoor studio using worldwide music. Helps you improve your Cardiovascular health, Lower body strength and endurance, Calorie burning, Improved coordination and balance, and Stress reduction.

## **FULL BODY WORK OUT**

A 45 Minute fitness class that is a high-energy session that uses a variety of exercises to engage all major muscle groups, often combining strength training, cardio, and core work. These classes can use equipment like dumbbells or bodyweight and incorporate movements from disciplines like kickboxing or yoga to improve overall fitness, endurance, and muscle toning.