



# FEB 2025 FITNESS SCHEDULE



## WHITSIDE FITNESS CENTER (684 Huebner Rd)

### 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! Reservations Only, for more information: please contact the Fort Riley Fitness Department 785-239-2813

### 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 785-239-2813

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
16:30	NEW U		NEW U		NEW U		
17:00							
18:00	ZUMBA	YOGA	ZUMBA				
18:30				MIXXEDFIT			

## KING FIELD HOUSE

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

**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**
- **NO CLASSES FEB 17, 2025 – PRESIDENTS DAY**

# **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.

## **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.