



# APRIL 2023 FITNESS SCHEDULE



## WHITESIDE FITNESS CENTER (684 Huebner Rd)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30							
8:30						STRONG 45 (HIIT)	
9:00							
9:30						ZUMBA	
10:00	HIIT (Gym)				TRX		
10:30						PIYO	
12:00							
12:30							
13:30							
15:30							
16:00							
17:00							
17:30							
18:00	ZUMBA		ZUMBA				

## 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

### 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  
785-239-2583

# **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.

## **STRONG 45 (HIIT)**

STRONG 45 (HIIT) combines body weight, muscle conditioning, cardio, plyometric and explosive moves like high knees, burpees, and jumping jacks all SYNC'ed to original music.

## **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.

## **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!