



OCTOBER 2020 FITNESS SCHEDULE

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Class Prices

Single Class:
\$3.00

10 Sessions:
\$25.00

30 Day
Unlimited:
\$40.00

Holistic Performance Training (HPT)

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

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.

WHITSIDE FITNESS CENTER (684 Huebner Rd)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30		CYCLING (D) (6)		CYCLING(D) (6)			
8:30					CYCLING(D)		
9:00			HIIT(Gym)				
9:30					BODYPUMP(Gym)	ZUMBA(Gym)*	
10:00	HIIT(Gym)		PIYO(Gym)*				
10:30						STRONG NATION*	
12:00	BODYPUMP(Gym)	POUND(Gym)				HIIT(Gym 1145)	
13:30							
15:30							
16:00							
17:00							
17:30							
18:00	ZUMBA(Gym)*	MIXXEDFIT(Gym)	ZUMBA(Gym)*	MIXXEDFIT (Gym)			

WHITSIDE FITNESS CENTER (TRACKSIDE)

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

FITNESS CLASSES WILL BE SUBJECT TO COVID-19 HEALTH MITIGATION EFFORTS.

- MixxedFit will resume operation on 20 October 2020.
- Yoga classes postponed for the month of October.

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!

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!

WERQ

Wildly addictive cardio dance class based on the hottest Pop and Hip Hop music. This workout incorporates fresh dance steps and athletic movements for the best sweat.

POUND

POUND is predominantly a core, leg and glute workout, zooming in on the balance of lower back and abdominal strength. The entire body is integrated during the workout, with an emphasis on the muscles that “narrow” the body as opposed to ones that add bulk. Cardio is a huge component of every single Track adding drum sticks into the mix!

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.

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!

HOLISTIC PERFORMANCE TRAINING (HPT)

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

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