



# JANUARY 2021 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

Children under 12 are not allowed in the Whitside Fitness Center. Child friendly classes apply to children 12 years and older.

## WHITSIDE FITNESS CENTER (684 Huebner Rd)

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

## KING FIELD HOUSE

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

ACTIVE CLASSES WILL BE HOSTED AT KING FIELD HOUSE THROUGH 8 JANUARY 2021. (HIIT, Bodypump, Pound, Zumba, and Strong Nation)

CYCLING POSTPONED UNTIL 19 JANUARY 2021.

Masks are required to participate in all classes.

## 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!

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