



MAY 2023 FITNESS SCHEDULE



WHITSIDE FITNESS CENTER (684 Huebner Rd)

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

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!

| WHITSIDE 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 | | | | 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 - NO FITNESS CLASSES MAY 20, 2023 | | |
| | MONDAY | | WEDNESDAY | FRIDAY | | | |
| 6:30 | HPT (Active Duty Only) | | HPT (Active Duty Only) | HPT (Active Duty Only) | | | |

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!