



# SEP 2024 FITNESS SCHEDULE



## WHITSIDE FITNESS CENTER (684 Huebner Rd)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30							
8:30							
9:00							
9:30							
10:00	HIIT (Gym)						
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
17:30							
18:00	ZUMBA		ZUMBA				

**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  
785-239-2813

### 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
- NO CLASSES SEPT 2, 2024, in observance of LABOR 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!

## **HIIT**

This High Intensity Interval Training (HIIT) class is a highly effective workout that combines full-body strength training with high intensity cardio bursts.

## **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!