



OCT 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!

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**

**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

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!