



NOV 2024 FITNESS SCHEDULE



WHITSIDE FITNESS CENTER (684 Huebner Rd)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00							
8:00		YOGA		YOGA			
9:00							
9:30							
10:00	HIIT (Gym)						
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00		YOGA		YOGA			
17:30							
18:00	ZUMBA	MIXXEDFIT	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
- NEW YOGA AND MIXXEDFIT CLASSES STARTING NOV 7, 2024
- NO CLASSES NOV 28, 2024, in observance of THANKSGIVING

**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.

MIXXEDFIT

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!

VINYASA FLOW YOGA

Vinyasa Flow Yoga, is a type of yoga that focuses on fluid movements, this sequences of movements will teach you to move your body alongside with your breathing. Vinyasa Flow Yoga is an excellent way to tone your body, relax your mind and improve your flexibility. Attend these classes to engage in a physically challenging practice, which is suitable for all fitness levels.

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!