

FORT CARSON GROUP EXERCISE SCHEDULE-AUGUST 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 0900 (CM) Sylvia 1000 (Y) Sylvia <u>1015 (BB) Kris-Garcia</u> <u>1145 (Y) Sylvia-Garcia</u> 1630 (HBT) Missy 1630 (SPT) Chava 1730 (222) Chava	3 <u>0900 (FM) Amanda -IHP</u> 1630 (SPT) Chava 1730 (KT) Chava <u>1730 (Y) Shannon-Garcia</u> 1830 (Z) Raeshell	4 0900 (CM) Sylvia <u>0900 (CB) Kris- Garcia</u> 1000 (Y) Sylvia <u>1015 (BB) Kris-Garcia</u> <u>1145 (Y) Sylvia-Garcia</u> 1630 (SP) Jenn 1630 (222) Chava 1730 (BB) Chava	5 0900 (CM) Kris <u>0900 (FM) Amanda -IHP</u> 0900 (SP) Jenn 1000 (Y) Shannon 1630 (SP& Abs)Susan R 1730 (SP) Jenn 1730 (Z) Raquel <u>1730 (Y) Shannon- Garcia</u>	6 0900 (STT) Kris 1000 (Y) Shannon <u>1015 (CB) Kris-Garcia</u> 1630 (BB) Missy <u>1630 (B&G) Susan R-Garcia</u>	7 0800 (Z) Raquel 0845 (SP) Jenn 0900 (ST) Missy 1000 (T) Missy
9 0900 (CM) Sylvia 1000 (Y) Sylvia <u>1015 (BB) Kris-Garcia</u> <u>1145 (Y) Sylvia-Garcia</u> 1630 (HBT) Missy 1630 (SPT) Chava 1730 (222) Chava	10 <u>0900 (FM) Amanda -IHP</u> 1630 (SPT) Chava 1730 (KT) Chava <u>1730 (Y) Shannon-Garcia</u> 1830 (Z) Raeshell	11 0900 (CM) Sylvia <u>0900 (CB) Kris- Garcia</u> 1000 (Y) Sylvia <u>1015 (BB) Kris-Garcia</u> <u>1145 (Y) Sylvia-Garcia</u> 1630 (SP) Jenn 1630 (222) Chava 1730 (BB) Chava	12 0900 (CM) Kris <u>0900 (FM) Amanda -IHP</u> 0900 (SP) Jenn 1000 (Y) Shannon 1630 (SP& Abs)Susan R 1730 (SP) Jenn 1730 (Z) Raquel <u>1730 (Y) Shannon- Garcia</u>	13 0900 (STT) Kris 1000 (Y) Shannon <u>1015 (CB) Kris-Garcia</u> 1145 (HBT) Dianna 1630 (BB) Missy <u>1630 (B&G) Susan R-Garcia</u>	14 0800 (Z) Raquel 0845 (SP) Jenn 0900 (ST) Missy 1000 (T) Missy
16 0900 (CM) Sylvia 1000 (Y) Sylvia <u>1015 (BB) Kris-Garcia</u> <u>1145 (Y) Sylvia-Garcia</u> 1630 (HBT) Missy 1630 (SPT) Chava 1730 (222) Chava	17 <u>0900 (FM) Amanda -IHP</u> 1630 (SPT) Chava 1730 (KT) Chava <u>1730 (Y) Shannon-Garcia</u> 1830 (Z) Raeshell	18 0900 (CM) Sylvia <u>0900 (CB) Kris- Garcia</u> 1000 (Y) Sylvia <u>1015 (BB) Kris-Garcia</u> <u>1145 (Y) Sylvia-Garcia</u> 1630 (SP) Jenn 1630 (222) Chava 1730 (BB) Chava	19 0900 (CM) Kris <u>0900 (FM) Amanda -IHP</u> 0900 (SP) Jenn 1000 (Y) Shannon 1630 (SPA)Susan R 1730 (SP) Jenn 1730 (Z) Raquel <u>1730 (Y) Shannon- Garcia</u>	20 0900 (STT) Kris 1000 (Y) Shannon <u>1015 (CB) Kris-Garcia</u> 1145 (HBT) Dianna <u>1630 (B&G)Susan R-Garcia</u>	21 0800 (Z) Raquel 0845 (SP) Jenn
23 0900 (CM) Sylvia 1000 (Y) Sylvia <u>1015 (BB) Kris-Garcia</u> <u>1145 (Y) Sylvia-Garcia</u> 1630 (HBT) Missy 1630 (SPT) Chava 1730 (222) Chava	24 0900 (KB) Trisha <u>0900 (FM) Amanda -IHP</u> 1000 (T) Trisha 1630 (SPT) Chava 1730 (KT) Chava <u>1730 (Y) Shannon-Garcia</u> 1830 (Z) Raeshell	25 0900 (CM) Sylvia <u>0900 (CB) Trish-Garcia</u> 1000 (Y) Sylvia <u>1015 (BB) Kris-Garcia</u> <u>1145 (Y) Sylvia-Garcia</u> 1630 (SP) Jenn 1630 (222) Chava 1730 (BB) Chava	26 0900 (CM) Kris <u>0900 (FM) Amanda -IHP</u> 0900 (SP) Jenn 1000 (Y) Shannon 1630 (SPA) Shannon 1730 (SP) Jenn 1730 (Z) Raquel <u>1745 (Y) Shannon- Garcia</u>	27 0900 (STT) Kris 1000 (Y) Shannon <u>1015 (CB) Kris-Garcia</u> 1145 (HBT) Dianna 1630 (BB) Missy	28 0800 (Z) Raquel 0845 (SP) Jenn 0900 (ST) Missy 1000 (T) Missy
30 0900 (CM) Sylvia 1000 (Y) Sylvia <u>1015 (BB) Kris-Garcia</u> <u>1145 (Y) Sylvia-Garcia</u> 1630 (HBT) Missy 1630 (SPT) Chava 1730 (222) Chava	31 0900 (KB) Trisha <u>0900 (FM) Amanda -IHP</u> 1000 (T) Trisha 1630 (SPT) Chava 1730 (KT) Chava <u>1730 (Y) Shannon-Garcia</u> 1830 (Z) Raeshell	KEY CM-Cardio Mix Y-Yoga SPT Spin & Tone 222-20/20/20 SP-Spin ST-Step B&G - Buns and Guns	BB-Body Blitz T-Toning HBT- Hips-buns-thighs STT-Step & Tone KT- Kick & Tone Z- Zumba FM-Fit Mommas		

Burn Off the Wait is back starting 25 August! Get your team registered by the 20th!

Check out our new Facebook page!!

<http://www.facebook.com/pages/Ft-Carson-Group-Fitness/373442512185?ref=ts>

For More information: 526-2706

<http://www.mwrfortcarson.com/physical-fitness-centers.php>

Physical Fitness Centers

Monthly Activities Schedule



Kettle bell Fitness Training

Are you interested in burning fat, building muscle, or increasing strength and stamina? Then kettle bell training is a fit for you!

Classes are: MON/WED 1830-1930

FRI 1730-1830

**Classes are \$3 each. Punch cards available for \$30
Forrest PFC, building 1843**

Group Exercise Classes

Class prices range from \$1-\$2. 10 class punch cards are available for \$20.

Please pay by cash, check, or credit card.

Class	Description
(CM)	Cardio Mix An energetic mix of hi-lo floor aerobics and step, followed by abs and stretching
(Y)	Yoga Increase your flexibility and balance, improve your alignment and strength and reduce stress!
(SPT)	Spin & Tone A combination of spin & tone.
(222)	20-20-20 20 min of each: step, kick boxing & muscle conditioning!
(SP)	Spin Cycling adventure freeing your mind and energizing your body!
(P)	Pilates Core strength, flexibility and awareness in order to support efficient movement.
(ST)	Step Cardio workout that requires stepping on a platform; a great workout to tone, and build muscles
(STT)	Step & Tone A combination of step aerobics and tone.
(KT)	Kick & Tone A combination of kickboxing and tone.
(Z)	Zumba Learn the beginning Latin dance moves while doing cardio!
(CB)	Cardio Boxing Martial arts - based fitness class for a complete cardio workout.
(FM)	Fit Mommas Stroller fitness incorporates the environment, resistance tubing and the stroller to get an all-over body workout in 60 minutes!
(HBT)	Hips, Buns, & Thighs Circuit training focusing on the lower body, using light to medium hand held weights & bands
(30A)	30 Min. Abs Blast your Abdominals and spinal stabilizing muscles! Strengthen your lower and upper back.
(B&G)	Buns & Guns Get your Buns and Guns trim, toned and tightened with this workout!

TRX[®]
Suspension Training[®]

McKibben Physical Fitness Center, Bldg 1160

EVERY WEDNESDAY & THURSDAY

1000-1100 & 1700-1800.

***CLASS IS LIMITED TO THE FIRST 12 PARTICIPANTS.**

**GROUP PT APPOINTMENTS CAN BE MADE
BY CALLING MCKIBBEN PFC, 526-2597.**