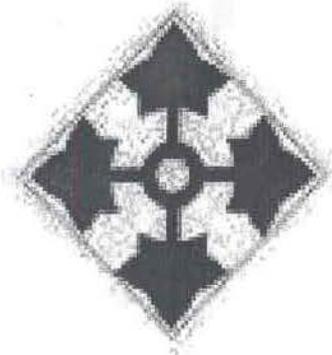
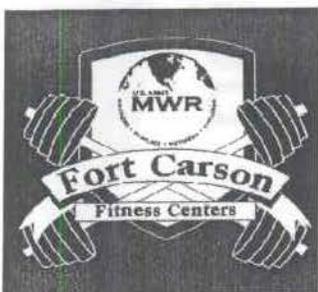




# Iron Horse Sports



# And Fitness Center



# Fort Carson Gym Hours of Operation

## Mckibben

Open M-F 0500-1800, Weekends 0600-1400

## Iron Horse Sports & Fitness Center

Open M-Sun 0500-2200

## GARCIA

Open M-F 0500-1800, Weekends & Holidays Closed

## Indoor Pool When Re-Opened

Open M-F 0600-2000, Weekends and Holidays 1000-1600

## WALLER

Open M-F 0500-2200, Weekends and Holidays Closed

## Outdoor Pool

Open M-F 0600-2000, Weekends and Holidays 1000-1800

# IHFC & BLDG 1446's INDOOR POOL

## Daily Passes:

- Active Duty: FREE (with ID card)
- Daily Pass (required for 4yr and up): \$2
- 0-3yr old will be free
- Non-military visitors: \$5 daily pass
- Active Duty PT (lap) Swim: Free
- Water Aerobics: \$3.00

## Individual Passes:

- Punch card (10 visits): \$20
- Individual pass: \$75
- Senior pass: \$60

## Family Passes:

- Pass for 12 months for 5 or more people: \$125.00
- Pass for 12 months for 2-4 people: \$100.00

## Seasonal Passes: Good for May 31-Sept 5:

- Individual Pass: \$60
- Senior Pass: \$45
- Family 5 or more people: \$100
- Family 4 or less people: \$75

## Water Aerobics:

- Punch Cards (10 visit): \$30.00

# OUTDOOR POOL

## Daily Passes:

- Active Duty: FREE (with ID card)
- Daily Pass (required for 4yr and up): \$2
- 0-3yr old will be free
- Non-military visitors: \$5 daily pass
- Active Duty PT (lap) Swim: Free
- Water Aerobics: \$3.00

## Individual Passes:

- Punch card (10 visits): \$20
- Individual pass: \$75
- Senior pass: \$60

## Family Passes:

- Pass for 12 months for 5 or more people: \$125.00
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## Seasonal Passes: Good for May 31-Sept 5:

- Individual Pass: \$60
- Senior Pass: \$45
- Family 5 or more people: \$100
- Family 4 or less people: \$75

# Iron Horse Sports & Fitness Center Group Exercise Schedule - Spring

**EFFECTIVE**  
5/3/2012 – 6/30/2012

|              | Monday |                    | Tuesday |                    | Wednesday |                    | Thursday |                    | Friday |                    | Saturday |                    |
|--------------|--------|--------------------|---------|--------------------|-----------|--------------------|----------|--------------------|--------|--------------------|----------|--------------------|
| <b>AM</b>    | 0645   | TRX *free*         | 0500    | Spin *free*        | 0645      | TRX *free*         | 0500     | Spin *free*        | 0645   | TRX *free*         | 0800     | Zumba              |
|              |        | 55 min Studio 3    |         | 55 min Spin Studio |           | 55 min Studio 3    |          | 55 min Spin Studio |        | 55 min Studio 3    |          | 55 min Studio 1    |
|              | 0645   | Spin *free*        | 0645    | Circuit *free*     | 0645      | Yoga *free*        | 0645     | Circuit *free*     | 0645   | Spin *free*        | 0900     | Spin               |
|              |        | 55 min Spin Studio |         | 55 min Studio 3    |           | 55 min Studio 1    |          | 55 min Studio 3    |        | 55 min Spin Studio |          | 55 min Spin Studio |
|              |        |                    |         |                    |           |                    |          |                    |        |                    | 0900     | Step               |
|              | 0900   | Fit Moms           | 0900    | Fit Moms           | 0900      | Fit Moms           | 0900     | Fit Moms           | 0900   | Spin               |          | 55 min Studio 1    |
|              |        | at Iron Horse Park |         | at Iron Horse Park |           | at Iron Horse Park |          | at Iron Horse Park |        | 55 min Spin Studio | 1000     | Toning             |
|              | 0900   | Spin               | 0900    | Zumba              | 0900      | Spin               | 0900     | Zumba              | 0900   | Inline Step        |          | 55 min Studio 1    |
|              |        | 55 min Spin Studio |         | 55 min Studio 1    |           | 55 min Spin Studio |          | 55 min Studio 1    |        | 55 min Studio 1    | 1100     | Zumba              |
|              | 0900   | Boot Camp          | 0900    | Spin *free*        | 0900      | Cardio Mix         | 0900     | Spin *free*        | 1000   | Pilates            |          | 55 min Studio 1    |
|              |        | 55 min Studio 3    |         | 55 min Spin Studio |           | 55 min Studio 1    |          | 55 min Spin Studio |        | 55 min Studio 1    |          |                    |
|              | 1000   | Body Blitz         | 1000    | Body Blitz         | 1000      | Body Blitz         | 1000     | Body Blitz         |        |                    |          |                    |
|              |        | 55 min Studio 2    |         | 55 min Studio 2    |           | 55 min Studio 1    |          | 55 min Studio 1    |        |                    |          |                    |
|              | 1100   | Yoga               |         |                    | 1100      | Yoga               | 1100     | Yoga               |        |                    |          |                    |
|              |        | 55 min Studio 1    |         |                    |           | 55 min Studio 2    |          | 55 min Studio 2    |        |                    |          |                    |
| <b>LUNCH</b> | 1145   | TRX *free*         | 1145    | TRX *free*         | 1145      | TRX *free*         | 1145     | TRX *free*         | 1145   | TRX *free*         |          |                    |
|              |        | 45 min Studio 3    |         | 45 min Studio 3    |           | 45 min Studio 3    |          | 45 min Studio 3    |        | 45 min Studio 3    |          |                    |
|              | 1200   | Spin               |         |                    | 1200      | Spin               |          |                    | 1200   | Spin               |          |                    |
|              |        | 45 min Spin Studio |         |                    |           | 45 min Spin Studio |          |                    |        | 45 min Spin Studio |          |                    |
|              | 1200   | eXpress Tone       | 1200    | eXpress Pilates    | 1200      | eXpress Tone       | 1200     | eXpress Pilates    | 1200   | eXpress Tone       |          |                    |
|              |        | 45 min Studio 1    |         | 45 min Studio 2    |           | 45 min Studio 1    |          | 45 min Studio 2    |        | 45 min Studio 1    |          |                    |
| <b>PM</b>    | 1630   | Cardio Tone        | 1630    | Spin               | 1630      | Turbo Kick         | 1630     | Spin & Abs         | 1630   | Spin               |          |                    |
|              |        | 55 min Studio 1    |         | 55 min Spin Studio |           | 55 min Studio 1    |          | 55 min Spin Studio |        | 55 min Spin Studio |          |                    |
|              | 1730   | Spin               | 1630    | Turbo Kick         | 1730      | Zumba              | 1730     | Yoga               | 1730   | Kettlebell         |          |                    |
|              |        | 55 min Spin Studio |         | 55 min Studio 1    |           | 55 min Studio 1    |          | 55 min Studio 1    |        | 55 min Studio 3    |          |                    |
|              | 1730   | Yoga Flow          | 1730    | Yoga               | 1730      | Kettlebell         | 1830     | Zumba              |        |                    |          |                    |
|              |        | 55 min Studio 1    |         | 55 min Studio 1    |           | Studio 3           |          | 55 min Studio 1    |        |                    |          |                    |
|              | 1730   | Kettlebell         | 1830    | Zumba              | 1830      | Spin               |          |                    |        |                    |          |                    |
|              |        | 55 min Studio 3    |         | 55 min Studio 1    |           | 55 min Spin Studio |          |                    |        |                    |          |                    |
|              | 1830   | Zumba              |         |                    |           |                    |          |                    |        |                    |          |                    |
|              |        | 55 min Studio 1    |         |                    |           |                    |          |                    |        |                    |          |                    |



<https://www.facebook.com/Ft.CarsonGroupFitness>

<http://www.ftcarsonnow.com/?cat=10>

6415 Specker Ave  
Bldg 1925  
719.526.2706



# Iron Horse Fitness Center's Pool water Aerobic Schedule - Spring

**EFFECTIVE**  
5/3/2012 – 6/30/2012

| MONDAY |                                | TUESDAY |                              | WEDNESDAY |                                | THURSDAY |                              | FRIDAY |                                | SATURDAY |                                |
|--------|--------------------------------|---------|------------------------------|-----------|--------------------------------|----------|------------------------------|--------|--------------------------------|----------|--------------------------------|
| 8:15   | Morning Splash<br>H2O Aerobics |         |                              | 8:15      | Morning Splash<br>H2O Aerobics |          |                              | 8:15   | Morning Splash<br>H2O Aerobics | 8:15     | Morning Splash<br>H2O Aerobics |
| 12:15  | Liquid Lunch<br>H2O Aerobics   | 12:15   | Liquid Lunch<br>H2O Aerobics |           | Liquid Lunch<br>H2O Aerobics   | 12:15    | Liquid Lunch<br>H2O Aerobics | 12:15  | Liquid Lunch<br>H2O Aerobics   |          |                                |
|        |                                | 17:30   | H2O Mania<br>H2O Aerobics    |           |                                | 17:30    | H2O Mania<br>H2O Aerobics    |        |                                |          |                                |

## Water Aerobic Exercise Classes

Class prices range from \$3. 10 class punch cards are available for \$30.

Please arrive 10 min ahead of time. Cash or check (credit cards can be used for punch cards only).



<https://www.facebook.com/Ft.CarsonGroupFitness>

<http://www.ftcarsonnow.com/?cat=10>

6415 Specker Ave

Bldg 1925

719.526.2706



## Iron Horse Sports & Fitness Center Group Exercise Schedule - Spring

### Class Descriptions

| Code     | Class           | Description  |
|----------|-----------------|--|
| (2/2/2)  | 20/20/20        | 20 minutes each of cardio, weights, core   |
| (BB)     | Body Blitz      | Full body workout using weights.   |
| (BC)     | Boot Camp       | Intense full body workout  |
| (CM)     | Cardio Mix      | An energetic mix of hi-lo floor aerobics and step, followed by abs and stretching  |
| (CT)     | Cardio & Tone   | Cardio and Tone  |
| (FM)     | Fit Mommas      | Stroller fitness incorporates the environment, resistance tubing and the stroller to get an all-over body workout in 60 minutes!   |
| (HM)     | H2O Mania       | 45 min shallow water aerobics for a medium & high impact/ high intensity.  |
| (IS)     | In Line Step    | Fun step class that keeps you moving!  |
| (KBL)    | Kettle Bell     | Increase strength, muscles and stamina while burning fat!  |
| (LL)     | Liquid Lunch    | 45 min deep water aerobics for a low impact/ med to high intensity.  |
| (MS)     | Morning Splash  | 45 min shallow water aerobics for a low impact/ high intensity.  |
| (SP)     | Spin            | Cycling adventure freeing your mind and energizing your body!  |
| (SPA)    | Spin & Abs      | A combination of spin & abdominal work.  |
| (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.   |
| (T)      | Toning          | Full body exercise using equipment, body weight, flexibility and strength training.  |
| (TK)     | Turbo Kick      | A combination of intense kickboxing moves, as well as dance moves all perfectly choreographed to high energy and motivating music. |
| (XP)/(P) | eXpress Pilates | Improve core strength, flexibility and awareness in order to support efficient movement (45 min).                                  |
| (XT)     | eXpress Toning  | Get a 45 min toning workout done on your lunch break!  |
| (Y)      | Yoga            | Increase your flexibility and balance, improve your alignment and strength and reduce stress!                                      |
| (Z)      | Zumba           | Learn the beginning Latin dance moves while doing cardio.  |

# INDOOR CLIMBING WALL

Climbing Wall will be free to use, after the completion of a yearly "On Belay" class, and as long as climbers have their own personal equipment.

On Belay Certification \$20

Done through Outdoor Recreation & Adventure Programs BLDG 2429, and Iron horse gym. Certification is good for only one year

Shoe & Gear Rental \$4 Climbing shoes, harness and belay equipment, designed for rock climbing specifically, are mandatory to use the climbing gym. Personal gear may be used, or rented.

Each belayer must be 14 or older. The "On Belay" class is held every Thursday at 1730 in ODR, or every Tuesday at 1730 in the Iron Horse Gym. Please sign up prior to class.

Minimum age to climb is 10 years of age

Subject to minor changes!



## Resiliency Campus Partnership's with Fitness Center

### CDC hourly care

- Slots Available 110
- \$4.00 per hour
- Punch Card Slots (9 Available) starting 3 May

### Child care

- Supports soldiers and family members working out together.
- Assist with cohesion and sustaining family unity.

### Wellness Center

- Instructional Classes & Risk Assessments
- Smoking, Nutrition, Weight loss and Stress Relief

### Wellness Center

- Provides higher level of medical knowledge and can assist patrons with specialized programs i.e. (stop smoking)

### Behavioral Health

- Chaplin Services
- Guidance Counseling

### Behavioral Health

- provides specialty services for mind and body.

### Resiliency Campus Partners

Offers the ultimate in total mind, body and spirit, to maintain and sustain a healthy way of life for Active Duty soldiers, Family Members, Retirees and DOD employees

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# Intramural Sports FY12

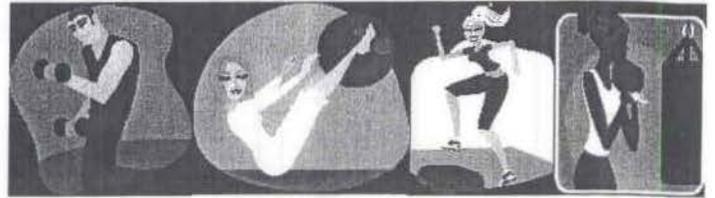
| Sport                             | Begins      | Post Championship               | Site                               |
|-----------------------------------|-------------|---------------------------------|------------------------------------|
| Golf Post Championship            | 14 & 15 APR | Tournament                      | Cheyenne Shadows Golf Course       |
| Early Bird Softball Tournament    | 28-29 APR   | Tournament                      | Mountain Sports Complex            |
| Softball                          | 7-May       | 27-31 AUG                       | Mountain Sports Complex            |
| 3 on 3 basketball tournament      | 25-28 June  | Tournament                      | Iron Horse Sports & Fitness Center |
| Army Birthday 6.5 mi run          | 7:15 a.m.   | 5-Jun                           | Eastern Hills                      |
| Army 10 Miler Trial Run           | 6:30 a.m.   | 12 & 26 APR, 10 & 24 May, 7 Jun | Garcia PFC                         |
| Triathlon                         | 8:00 a.m.   | 8-Sep                           | Outdoor Pool                       |
| Indoor Soccer                     | 10-Sep      | 29 OCT - 1 NOV                  | Iron Horse Sports & Fitness Center |
| Flag Football                     | 1-Oct       | 3 - 6 Dec                       | Mountain Sports Complex            |
| Turkey Trot                       | 8:00 a.m.   | 17-Nov                          | Special Events Center              |
| Preseason Women's Open Basketball | 3-Dec       | 20-Dec                          | Iron Horse Sports & Fitness Center |
| Preseason Men's Open Basketball   | 3-Dec       | 20-Dec                          | Iron Horse Sports & Fitness Center |
| Bowling                           | 25-Sep      | 20-Dec                          | Thunder Alley Bowling Center       |
| Jingle Bell Run                   | 7:15 a.m.   | 14-Dec                          | Special Events Center              |

INTRAMURAL POC'S:

AMBER ZURITA  
526-3162

KAREEM BRAITHWAITE  
331-2323

# CARDIO MIX



Experience a dynamic and effective workout with aerobic & strength conditioning. Each week offers new workouts like athletic conditioning, cardio sculpt, and fitness boot camp.

**McKibben PFC-Building 2357**

**Wednesdays at 0915**

For More information Please call 526-2597

Cost is \$2 per class.



**TURBO KICK!**



Join us for a combination of kickboxing and simple dance moves that are sure to get your heart pumping!

**Tuesdays @ 1730**

Waller Physical Fitness Center  
Bldg 2357  
(719) 526-2742

*Only \$2 a class!*



# PILATES

*When: Fridays*  
*Time: 1015*  
*Place: McKibben PFC Bldg # 1160*  
*Classes are \$2 per person*  
*For more info, please call 526-2597*



# STEP CLASSES



This compelling cardio program strengthens and shapes... one step at a time. Stimulating music and a motivating instructor create a fun group exercise experience. Step this way for better health!

**McKibben Physical Fitness Center**  
Bldg 1160 For more info, please call 526-2597

Time Step Schedule:

Fri - 0915-1015  
Garda Physical Fitness Center  
Bldg 1130 For more info, please call 526-2597

Step Schedule:

Sat - 0915-1015 \$2 per person





# Yoga

Join the breathing techniques of Yoga into your daily routine and see the stress of your everyday life, begin to dissipate. With the help of an experienced instructor, you will surely reach the goals you set up for yourself!

**Garcia Physical Fitness Center**  
Bldg. 1856

Schedule:

Mon ~ 1700-1800

Tue & Thurs ~ 1730-1830

Wed & Thurs ~ 1015-1115

**Waller Physical Fitness Center**  
Bldg. 2357

Schedule:

Mon/Fri ~ 1015-1115

*\*All classes are \$2 per person\**

*\*Punch cards are available for \$20\**

[www.mwrfortcarson.com](http://www.mwrfortcarson.com)



*What Yoga  
can do for you...*

*The physical benefits*

Creates a toned, flexible, and strong body. Improves respiration, energy, and vitality. Helps to maintain a balanced metabolism.

Improvements in flexibility, posture and abdominal strength - and decreases in back, neck, and joint pain.

*The mental benefits*

Helps you relax and handle stressful situations more easily. Teaches you how to quiet the mind so you can focus your energy - at work, play, and at home.

For More Information, Please call  
Garcia: 526 3944

Waller: 526 2742

# eXpress Fitness

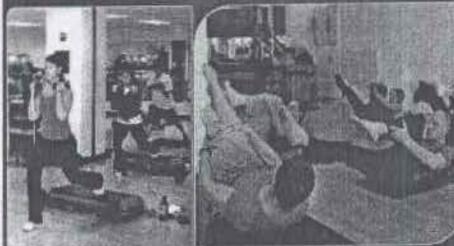


Fort Carson's newest fitness program designed especially for you!

Knock out a lunchtime workout and still make it back to work within one hour!

Mon/Fri - Toning 1200-1245

Tue/Thu - Pilates 1200-1245



## Waller PFC

Building 2357  
For more info:  
526-2742

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

GET YOUR HEART PUMPING, YOUR RHYTHM MOVING, AND TONE YOUR BODY ALL OVER WITH THE LATIN CRAZE SWEEPING THE NATION:

# ZUMBA<sup>®</sup>

FITNESS

Zumba combines high energy and motivating music with unique moves and combinations that allow for a great overall, fun workout. It is a fusion of Latin and International music which features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.

**CALL TODAY TO GET MOVING!**  
**\$2 PER CLASS**

Waller PFC (Bldg. 2357, 526-2742):  
Mondays > 5:30 & 6:30 p.m.  
Tuesdays > 9 a.m. & 6:30 p.m.,  
Wednesdays > 5:30 p.m.  
Thursdays > 9 a.m., 5:30 p.m. & 6:30 p.m.

McKibben PFC (Bldg. 1160, 526-3944):  
Saturdays > 11 a.m.



# BODY BLITZ

McKibben Physical Fitness Center  
Bldg 1160

Schedule:

Mon & Wed - 1015-1115

Waller Physical Fitness Center  
Bldg 2357

Schedule:

Tue & Thu - 1000-1100



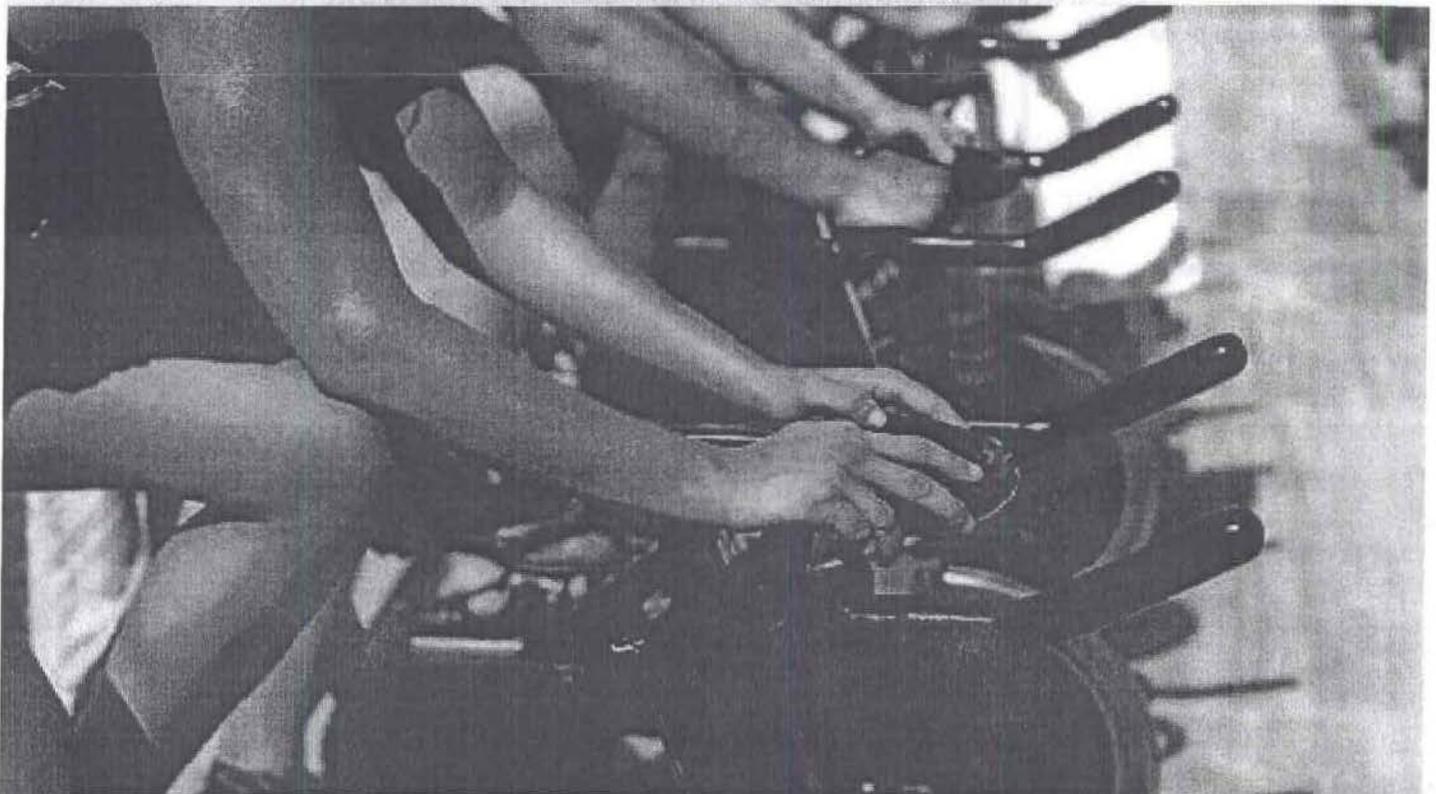
This 60-minute barbell class strengthens your entire body. The work out challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Your choice of weight inspires you to get fast results! \$2 per class, or 10 class punch cards available for \$20. Please call 526-2742 for more information.

# SPIN CLASSES

These highly motivational classes takes you on an indoor cycling adventure, freeing your mind and energizing your body!

Classes are \$2.



Waller Physical Fitness Center  
Bldg. 2357

## Spin Schedule

Tue - 1830-1730    Wed - 1830-1930    Fri - 1630-1730

## Spin & Abs Schedule

Thu - 1630-1730



For More Information, Please call 526.2742

[www.mwrfortcarson.com](http://www.mwrfortcarson.com)