

# FORT CAVAZOS

# GROUP FITNESS SCHEDULE



FALL 2024

MON	TUES	WED	THURS	FRI	SAT
	0630 -0730 <span>ST</span>	0630 -0730 <span>APP</span>		0630 -0730 <span>ST</span>	
0900-1000 <span>APP</span>	0900-1000 <span>APP</span>	0900-1000 <span>APP</span>	0900-1000 <span>APP</span>	0900-1000 <span>APP</span>	80's Halloween Spin & Yoga Oct 26 <sup>th</sup>
	0900-1000 <span>ST</span>		0900-1000 <span>ST</span>		CHAD X1000 Nov. 2 <sup>nd</sup>
	0930-1030 <span>APP</span>		0930-1030 <span>APP</span>		Impossible Mile Nov. 16 <sup>th</sup>
1015-1115 <span>APP</span>	1030 -1130 <span>ST</span>	1015-1115 <span>APP</span>		1015-1115 <span>APP</span>	
1200-1300 <span>APP</span>	1200-1300 <span>APP</span>	1200-1300 <span>APP</span>	1200-1300 <span>APP</span>	1200-1300 <span>APP</span>	
1730-1830 <span>ST</span>	1730-1830 <span>ST</span>	1730-1830 <span>ST</span>	1730-1830 <span>ST</span>		
1800-1900 <span>APP</span>	1800-1900 <span>APP</span>	1800-1900 <span>APP</span>	1800-1900 <span>APP</span>		

Single Class Pass \$3.00  
Fitness Pass \$45.00 for 16 Classes

## FITNESS CLASSES

- APPLIED FUNCTIONAL FITNESS**  
All-encompassing strength & conditioning of constantly varied movement
- TACTICAL TRX**  
Progressive Functional Training with a variety of Tactical Equipment
- SPIN**  
Energetic, musically motivated workout proven to enhance Endurance, Power and Strength
- HATHA YOGA**  
Gentle Flow
- POWER YOGA**  
Dynamic Practice
- YOGA BALANCE**  
Balanced Movement
- HYBRID TRAINING**  
Muscle building, Fat loss
- FITNESS FUSION**  
Fusion of modalities for Full Body Fitness. Children allowed
- SPECIAL EVENTS**
- RESERVATION**

## SPECIALTY CLASSES

**"FITNESS FUSION"**  
Fusion of Modalities for Full Body Fitness  
Children allowed: contained in stroller, car seat or sitting on mat  
Tuesday and Thursday at 0930, Applied FFF

**"TACTICAL TRX"**  
Progressive Functional Training with a variety of Tactical Equipment  
Wednesday at 0630, Applied FFF

**"FREE FITNESS WEEK" Sept. 23-27**

**"80's Halloween Spin & Yoga" Oct 26<sup>th</sup>**

**"CHAD 1000X" Nov, 2<sup>nd</sup>**

**"Impossible Mile" Nov, 16<sup>th</sup>**

## INFO

## GYMS

**Applied**  
Old Ironsides Avenue  
BLDG 12018

**Starker**  
Old Ironsides Avenue  
BLDG 87010

**No Classes On Training Or Federal Holidays**

**Unit PT Reservation  
Personal and Partner Training  
Nutrition Coaching  
Small Group Coaching  
Questions**

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