



**Hours:**  
 Monday: Open at 5 AM Friday: Close at 10 PM  
**OPEN 24 HOURS MON-FRI!**  
 Saturday: 6 AM-8PM  
 Sunday: 8am-8pm

**Broken Arrow**

1800 S. Aspen  
 Broken Arrow, OK 74012

**(918) 251-4855**

**Group Fitness Schedule & Class Descriptions**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30 AM Bootcamp <b>Dianna</b>			5:30 AM Bootcamp <b>Dianna</b>			
9:00 AM Interval Step <b>Debi</b>	9:00 AM Zumba® <b>Cassie</b>	9:00 AM Bootcamp <b>Dianna</b>	9:00 AM Interval <b>Dianna</b>	8:00 AM Pump Fusion <b>Debi</b>	8:00 AM Yoga/Pilates <b>Sholly</b>	
	9:00 AM H2O Workout <b>Angela</b>	9:45 AM H2O Workout <b>Paula</b>	9:45 AM Yoga/Pilates <b>Christina</b>	9:00 AM Step <b>Debi</b>	8:50 AM Bootcamp <b>Sholly</b>	
10:00 AM Zumba® <b>Jessica</b>	9:45 AM Pump <b>Dianna</b>	10:00 AM Zumba® <b>Jessica</b>	9:45 AM H2O Workout <b>Leah</b>	9:45 AM Abs/Core Strength <b>Debi</b>	9:00 AM H2O Workout <b>Debi</b>	10:00 AM Pump <b>Lynda</b>
10:15 AM H2O Workout <b>Debi</b>					9:45 AM Zumba® <b>Jessica</b>	11:00 AM Yoga <b>Erin</b>
				10:30 AM Zumba® <b>Jessica</b>		
				10:30 AM H2O Aerobics <b>Paula</b>		
11:00 AM Yoga/Pilates <b>Lynda</b>	11:00 AM Functional Fitness <b>Debi</b>	11:00 AM Yoga/Pilates <b>Lynda</b>	11:00 AM Functional Fitness <b>Debi</b>			
				11:30 AM Zumba Toning® <b>Jessica</b>		
5:00 PM Abs <b>Mary</b>	5:00 PM Abs <b>Sholly</b>		5:00 PM Abs <b>Sholly</b>			1:30 PM Step <b>Patti</b>
5:30 PM Bootcamp <b>Mary</b>	5:30 PM Step Pump Fusion <b>Sholly</b>	5:15 PM Pump <b>Cassie</b>	5:30 PM Bootcamp <b>Sholly</b>			2:15 PM Bootcamp <b>Patti</b>
6:00PM H2O Workout <b>Leighanne</b>	6:00 PM H2O Workout <b>Carol</b>	6:00 PM H2O <b>Carol</b>	6:00 PM H2O Bootcamp <b>Rachel</b>	6:00 PM H2O Workout <b>Jill</b>		3:00 PM Yoga/Pilates <b>Patti</b>
6:15 PM Yoga/Pilates <b>Mary</b>	6:15 PM Stability Ball <b>Patti</b>	6:00 PM Zumba® <b>Cassie</b>	6:15 PM Yoga <b>Lynda</b>	6:15 PM Zumba® <b>Jessica</b>		
7:00 PM Zumba® <b>Cassie</b>	7:00 PM Step Pump Fusion <b>Patti</b>	7:00 PM Step Pump Fusion <b>Patti</b>	7:00 PM Zumba® <b>Zuri</b>			
	7:45 PM Yoga/Pilates <b>Patti</b>	7:45 PM Yoga/Pilates <b>Patti</b>				
			8:00 PM Zumba Toning® <b>Zuri</b>			

**STEP**  
 A traditional, high-intensity, low-impact, fat-burning workout using one or more steps.

**BOOTCAMP**  
 Athletic moves and drills combine with Resistance Training for total body conditioning.

**CARDIO KICK**  
 Blends punches and kicks for a high-energy, fat-burning, muscle-defining class.

**PUMP**  
 An easy to follow class using individual barbells for high repetition routines that will burn fat while defining all the major muscle groups.

**PILATES**  
 A core program to develop strength, flexibility, balance, and inner awareness.

**YOGA**  
 Restore and renew your mind, body and spirit with this relaxation and flexibility focused workout!

**CARDIO DANCE**  
 Traditional routines using Cardio and Dance moves for a Heart-pumping workout!

**H2O WORKOUT**  
 Classes held in the pool provide a no-impact workout, relieving stress on the joints.

**H2O BOOTCAMP:** Uses circuits for extra variety.

**FUSION**  
 Any blend of two or more of our classes into one unique workout providing variety and multiple benefits.

**ABS/CORE STRENGTH**  
 Targets the muscles responsible for maintaining proper body alignment and good posture.

**FUNCTIONAL FITNESS**  
 Class focus is on using multiple muscle and joints to improve muscular strength, coordination, balance, and posture for a total body workout that conditions the participant for everyday activities. Excellent class choice for anyone desiring a non-impact format.

**ZUMBA FITNESS®**

**MOVING THE WORLD TO A NEW BEAT.**

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective dance fitness-party™ that's moving millions of people toward joy and health.