



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

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.