



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

East Tulsa

9142 E. 31st St
 Tulsa, OK 74145

(918) 438-0193
**Group Fitness Schedule
 & Class Descriptions**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				5:30 AM R.I.P.P.E.D Lynda		
6:00 AM Step Lynda		6:00 AM Step Lynda				
				6:15 AM Stability Ball Lynda		
9:00 AM Yoga/Pilates Lynda	9:00 AM Pump Debi	9:00 AM Cardio Dance Debi	9:00 AM Pump Debi	9:00 AM Yoga/Pilates Lynda	9:15 AM Bootcamp Carey	
10:00 AM Functional Fitness Lynda	10:00 AM Zumba® Jessica	10:00 AM Functional Fitness Debi	10:00 AM Zumba® Jessica	10:00 AM Functional Fitness Lynda	10:00 AM Zumba® Zuri	
					11:00 AM Zumba Toning® Zuri	
						2:45 PM Yoga Erin
4:30 PM Bootcamp Patti	4:30 PM Abs Carey	4:30 PM Step Pump Fusion Patti	4:30 PM Stability Ball Patti			4:00 PM Zumba® Tara
5:15 PM Abs Patti	5:00 PM Zumba® Zuri	5:15 PM Stability Ball Patti	5:15 PM Bootcamp Patti			
6:00 PM Zumba® Jessica	6:00 PM Zumba® Jessica	6:00 PM Zumba® Jessica	6:00 PM Zumba® Jessica			
7:00 PM Zumba Toning® Jessica	7:00 PM Zumba Toning® Jessica	7:00 PM Zumba Toning® Jessica	7:00 PM Zumba Toning® Jessica			

STEP

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

R.I.P.P.E.D.

A "Plateau Proof Fitness Formula" that combines resistance, intervals, power, plyometrics, and endurance to help you lose pounds and inches, increase your metabolism, and improve your cardiovascular health.

BOOTCAMP

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

PUMP

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

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!

FUSION

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

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.

ABS/CORE STRENGTH

Targets the muscles responsible for maintaining proper body alignment and good posture.

ZUMBA TONING®

The challenge of adding resistance by using light weights helps you focus on specific muscle groups, so you (and your muscles) stay engaged!

**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.