



**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 <b>Lynda</b>		
6:00 AM Step <b>Lynda</b>		6:00 AM Step <b>Lynda</b>				
				6:15 AM Stability Ball <b>Lynda</b>		
9:00 AM Yoga/Pilates <b>Lynda</b>	9:00 AM Pump <b>Debi</b>	9:00 AM Cardio Dance <b>Debi</b>	9:00 AM Pump <b>Debi</b>	9:00 AM Yoga/Pilates <b>Lynda</b>	9:00 AM Bootcamp <b>Carey</b>	
10:00 AM Functional Fitness <b>Lynda</b>	10:00 AM Zumba® <b>Jessica</b>	10:00 AM Functional Fitness <b>Debi</b>	10:00 AM Zumba® <b>Jessica</b>	10:00 AM Functional Fitness <b>Lynda</b>	10:00 AM Zumba® <b>Zuri</b>	
					11:00 AM Zumba Toning® <b>Zuri</b>	
4:30 PM Bootcamp <b>Patti</b>	4:30 PM Abs <b>Carey</b>	4:30 PM Step Pump Fusion <b>Patti</b>	4:30 PM Stability Ball <b>Patti</b>			4:00 PM Zumba® <b>Tara</b>
5:15 PM Abs <b>Patti</b>	5:00 PM Zumba® <b>Zuri</b>	5:15 PM Stability Ball <b>Patti</b>	5:15 PM Bootcamp <b>Patti</b>	5:30 PM Zumba® <b>Tara</b>		
6:00 PM Zumba® <b>Jessica</b>	6:00 PM Zumba® <b>Jessica</b>	6:00 PM Zumba® <b>Jessica</b>	6:00 PM Zumba® <b>Jessica</b>			
7:00 PM Zumba Toning® <b>Jessica</b>	7:00 PM Zumba Toning® <b>Jessica</b>	7:00 PM Zumba Toning® <b>Jessica</b>	7:00 PM Zumba Toning® <b>Jessica</b>			

**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.