



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

**Edmond**

Kelly Plaza  
 816 W. Edmond Road  
 Edmond, OK 73003

**(405) 562-1100**  
**Group Fitness Schedule  
 & Class Descriptions**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM Zumba® <b>Wendy</b>	9:00 AM Yoga <b>Jessica</b>	9:00 AM Zumba® <b>Gina</b>		9:00 AM Zumba® <b>Wendy</b>	9:00 AM Yoga <b>Jessica</b>	
10:00 AM Bootcamp Mashup <b>Christi</b>	10:00 AM Bootcamp/Insanity <b>Ryan</b>	10:00 AM Bootcamp <b>Sarah</b>	10:00 AM Bootcamp/Insanity <b>Ryan</b>	10:00 AM Bootcamp <b>Ryan</b>	10:00 AM Zumba® <b>Kevin</b>	
					11:00 AM Bootcamp/Insanity <b>Ryan</b>	
	5:15 PM Zumba® <b>Jordan</b>					
5:45 PM Zumba® <b>Jordan</b>		5:00 PM Bootcamp <b>Sarah</b>				
	6:15 PM Cardio Kick <b>Robert</b>	5:45 PM Cardio Kick <b>Robert</b>	5:30 PM Bootcamp <b>Amy</b>			
6:30 PM Bootcamp <b>Sarah</b>			6:15 PM Bootcamp <b>Sarah</b>			
		6:45 PM Zumba® <b>Rayven</b>				
7:15 PM Zumba® <b>Gina</b>	7:15 PM Yoga <b>Jessica</b>		7:15 PM Zumba® <b>Rayven</b>			

**BOOTCAMP**

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

**BOOTCAMP MASHUP™**

All fitness levels will enjoy this high intensity interval workout incorporating mind, body, agility and strength.

**PUMP**

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

**INSANITY®**

With INSANITY, you use your body to create the best body you can get. Learn at your own pace with modifications for beginners all the way to advanced, It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. That's how you get in such insane shape.

**CARDIO KICK\***

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

**YOGA**

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

**FUSION**

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

**LATIN DANCE**

Great music and calorie torching dance moves. This fusion dance fiesta is a fun, exciting way to lose weight & inches! Believe in the beat!

**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.