



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® Wendy	9:00 AM Yoga Jessica	9:00 AM Zumba® Gina	9:00 AM Yoga Beatriz	9:00 AM Zumba® Wendy	9:00 AM Yoga Jessica	
10:00 AM Bootcamp Christi	10:00 AM Bootcamp/Insanity Ryan	10:00 AM PUMP H.E.A.T Latasha	10:00 AM Bootcamp/Insanity Ryan	10:00 AM Bootcamp Ryan	10:00 AM Zumba® Edwina/Latasha	
					11:00 AM Bootcamp/Insanity Ryan	
5:45 PM Zumba® Jordan	5:30 PM Cardio Dance LaTasha	5:30 PM PUMP H.E.A.T. Latasha				
6:30 PM Bootcamp Amy	6:15 PM Cardio Kick LaTasha	6:45 PM Zumba® Rayven	6:00 PM Bootcamp/Cardio Kick Amy			
7:15 PM Zumba® Gina	7:15 PM Yoga Jessica		7:15 PM Zumba® Rayven			

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.

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!

**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.

CARDIO DANCE

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



BOOTCAMP H.E.A.T.®

HEAT Bootcamp is unlike any workout you've ever done. A combination of strength training, cardiovascular intervals, and core conditioning to give you the lean, toned body you're looking for. In fact, it's so unlike anything else, that sometimes EVEN WE don't know how to describe it. Buuuut, we'll have a go at it anyway...