



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 Jessica	
10:00 AM Bootcamp Christi	10:00 AM Bootcamp/Insanity Ryan		10:00 AM Bootcamp/Insanity Ryan	9:30 AM Zumba® Erika	10:00 AM Zumba® Jess	
					11:00 AM Bootcamp/Insanity Ryan	
	5:15 PM Zumba® Jordan					
			5:30 PM Bootcamp Amy			
5:45 PM Zumba® Jordan		5:45 PM Cardio Kick Robert				
	6:15 PM Cardio Kick Robert		6:15 PM Pump Kim			
6:30 PM Bootcamp Insanity® Kim						
		6:45 PM Zumba® Heather				
7:15 PM Zumba® Gina	7:15 PM Yoga Jessica		7:15 PM Latin Dance 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.

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.