



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

Midwest City 711 S. Air Depot Blvd.
 Midwest City, OK 73110

(405) 737-8441
Group Fitness Schedule & Class Descriptions

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM Bootcamp Ardi		9:00 AM Bootcamp Ardi		9:00 AM Bootcamp Ardi	9:00 AM Step Pump Fusion Rhonda	
	9:15 AM Zumba® Erica		9:15 AM Zumba® Carrie			
10:00 AM Yoga Pam		10:00 AM Yoga Pam				
	10:15 AM Pilates/Abs Pam		10:15 AM Pilates/Abs Pam	10:15 AM Yoga Pam	10:30 AM Yoga Pam	
5:00 PM Step Krista	5:00 PM Pump Rhonda	5:00 PM Double Step Krista	5:00 PM Pump Rhonda		11:15 AM Zumba® Ebonee	
6:00 PM Pump Rhonda	6:00 PM Step Rhonda	6:00 PM Bootcamp Jamie	6:00 PM Step Rhonda			
7:00 PM Zumba® Erica	7:00 PM Yoga/Pilates Margie	7:00 PM Zumba® Jamie	7:00 PM Yoga/Pilates Carrie			
	8:00 PM Zumba® Milena		8:00 PM Zumba® Erica			

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

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

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

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

PILATES
 A core program to develop strength, flexibility, balance, and inner awareness.

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.

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.