



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 Cardio Dance Richelle		9:15 AM Cardio Dance Richelle			
10:15 AM Yoga Pam	10:00 AM Pilates/Abs Richelle	10:15 AM Yoga Pam	10:00AM Pilates/Abs Richelle	10:15 AM Yoga Pam	10:15 AM Yoga Pam	
					11:15 AM Cardio Dance Jaquencia	
5:00 PM Step Krista	5:00 PM Pump Rhonda	5:00 PM Double Step Krista	5:00 PM Pump Rhonda			
6:00 PM Pump Rhonda	5:45 PM Step Rhonda	6:00 PM Bootcamp Jamie	5:45 PM Step Rhonda			
	6:15 PM Bootcamp RIPPED Hana		6:15 PM Bootcamp Jamie			
7:00 PM Zumba® Jamie	7:00 PM Yoga Marge	7:00 PM Zumba® Jamie	7:00 PM Yoga/Pilates Arlene			
8:00 PM Cardio Dance Jaquencia	8:00 PM Zumba® Mioshi	8:00 PM Cardio Dance Jaquencia	8:00 PM Zumba® Mioshi			

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.

CARDIO DANCE

High energy Cardio featuring fun dance steps to burn calories,

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.