



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

Norman

2255 W. Main St.
 Norman, OK 73069

(405) 364-9494
**Group Fitness Schedule
 & Class Descriptions**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	9:00 AM Zumba® Courtney				9:00 AM Zumba Yaisa	
9:30 AM Zumba® Regina		9:15 AM Zumba® Yaisa	9:15 AM Bootcamp Hana	9:15 AM Bootcamp Yaisa		
					10:00 AM Bootcamp Jaime/Éric	
					11:00 AM Yoga Jaime	
5:15 PM Bootcamp Paula	5:15 PM Bootcamp Andrea	5:15 PM Bootcamp Paula	5:15 PM Bootcamp Jaime			
6:00 PM Zumba® Regina	6:15 PM Zumba® Jaime	6:00 PM Piyo Jennifer				
7:00 PM P90x/Live Bootcamp Eric		7:00 PM P90x/Live Bootcamp Eric	7:00 PM Zumba® Courtney			
8:00 PM Yoga Jaime			8:00 PM Yoga Courtney			

BOOTCAMP

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

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!

Cardio

Get your heartrate up with these routines designed for optimal activity.

Core

Concentrates on building a strong core to enhance other exercises.

CARDIO DANCE

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

RIPPED

A "Plateau Proof Fitness Formula" that combines resistance, intervals, power, plyometrics, and endurance to help you lose pounds and inches, increase your metabolism, and improve your cardiovascular health.



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.

All Classes, Times, and Instructors are subject to change and/or cancellation without notice

Updated 11/29/2018