



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® Eboney		9:00 AM Zumba® Eboney		9:00 AM Latin Dance Eboney	
9:30 AM Zumba® Judy		9:15 AM Zumba® Yaisa		9:15 AM Bootcamp Yaisa		
10:15 AM Pump Judy	10:00 AM Bootcamp R.I.P.P.E.D. Heidi		10:00 AM Bootcamp R.I.P.P.E.D. Heidi	10:00 AM Yoga Sheri	10:00 AM Bootcamp Jami/Eric	
	11:00 AM Yoga Heidi		11:00 AM Yoga Heidi		11:00 AM Yoga Jami	
5:15 PM Bootcamp Paula	5:15 PM Bootcamp Jamie	5:15 PM Bootcamp Paula	5:15 PM Bootcamp Jami			
6:00 PM Zumba® Regina	6:00 PM Zumba® Regina	6:00 PM Zumba® Andrea	6:00 PM Cardio Dance Jami			
7:00 PM P90x® Live /Bootcamp Eric	7:00 PM Bootcamp Sheri	7:00 PM P90x® Live /Bootcamp Eric	7:00 PM Yoga/Pilates Fusion Jami			
8:00 PM Yoga Jami	7:45 PM Yoga Sheri		8:00 PM Zumba® Regina			

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!



These workouts offer a variety of routines from cardio, strength, plyo, abs, & more. All exercises have beginner, intermediate, and advanced options so that everyone can participate and excel. Get your water, a towel, and get ready to Bring It!

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!



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 5/15/17