



**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® Ebonee		9:00 AM Zumba® Ebonee		9:00 AM Latin Dance Ebonee	
9:30 AM Zumba® Ebonee		9:15 AM Zumba® Yaisa		9:15 AM Bootcamp Yaisa		
			10:00 AM Bootcamp R.I.P.P.E.D. Sheri	10:00 AM Yoga Courtney	10:00 AM Bootcamp Jami/Eric	
			11:00 AM Yoga Sheri		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® Mioshi	6:00 PM Zumba® Andrea	6:00 PM Zumba® Andrea	6:15 PM Cardio Dance Jami			
7:00 PM P90x/Live Bootcamp Eric	7:00 PM Cardio/Core Fusion Lynnie	7:00 PM P90x/Live Bootcamp Eric	7:00 PM Yoga/Pilates Fusion Jami			
8:00 PM Yoga Jami	7:45 PM Yoga Carrie		8:00 PM Zumba® Lacey			

### 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 11/21/17