



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

Northwest

6209 NW Expwy.
 OKC, OK 73132

(405) 728-3600
Group Fitness Schedule & Class Descriptions

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM Cardio Interval Stacey		9:15 AM Bootcamp Ryan		9:00 AM Cardio/Strength Fusion Stacey	9:00 AM Cardio Pump Fusion Stacey/Karen	
9:45 AM Pump Stacey	9:45 AM Zumba® Daniela	9:45 AM Pump Ryan	9:45 AM Zumba® Daniela			
10:30 AM Yoga & Stretch Stacey		10:15 AM Abs & Stretch Ryan			10:15 AM Zumba® Amber	
4:45 PM Zumba® Edwina	4:45 PM Zumba® Edwina	4:45 PM Zumba® Edwina	4:45 PM Zumba® Jordan			
5:30 PM Pump Julie	5:30 PM Bootcamp Stacey	5:30 PM Pump Julie	5:30 PM Bootcamp			
6:15 PM Zumba® Amber		6:15 PM Zumba® Jess				
	6:30 PM Pump Karen		6:30 PM Pump Karen			
7:15 PM Yoga/Pilates Jessica		7:15 PM Yoga/Pilates Jessica				
	7:30 PM Zumba® Amber		7:30 PM Zumba® Amber			

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.

BOOTCAMP MASHUP™

All fitness levels will enjoy this high intensity interval workout incorporating mind, body, agility and strength.

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 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.

ABS/CORE STRENGTH

Targets the muscles responsible for maintaining proper body alignment and good posture.

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!

ZUMBA FITNESS® & ZUMBA® GOLD: 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.