



**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 <b>Stacey</b>		9:15 AM Bootcamp <b>Amber</b>		9:00 AM Cardio/Strength Fusion <b>Stacey</b>	9:00 AM Cardio Pump Fusion <b>Stacey/Karen</b>	
9:45 AM Core & Strength <b>Stacey</b>	9:45 AM Zumba® <b>Ria</b>	9:45 AM Pump <b>Amber</b>	9:45 AM Zumba® <b>Ria</b>			
10:30 AM Yoga & Stretch <b>Stacey</b>		10:15 AM Abs & Stretch <b>Amber</b>			10:15 AM Zumba® <b>Brittany/Madison</b>	
4:45 PM Zumba® <b>Brittany</b>	4:45 PM Zumba® <b>Brittany</b>	4:45 PM Zumba® <b>Brittany</b>	4:45 PM Zumba® <b>Brittany</b>			
5:30 PM Pump <b>Julie</b>	5:30 PM Cardio/Toning & Conditioning <b>Julie</b>	5:30 PM Pump <b>Julie</b>	5:30 PM Bootcamp <b>Heather</b>			
6:15 PM Zumba® <b>Jess</b>		6:15 PM Zumba® <b>Jess</b>				
	6:30 PM Pump <b>Karen</b>		6:30 PM Pump <b>Karen</b>			
7:15 PM Yoga/Pilates <b>Jessica</b>		7:15 PM Yoga/Pilates <b>Jessica</b>				
	7:30 PM Zumba® <b>Amber</b>		7:30 PM Zumba® <b>Amber</b>			

### 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. Gloves are required, but not provided.

### 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.