



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

Owasso

507 E. 2nd Ave S  
 Owasso, OK 74055

**(918) 609-6090**

**Group Fitness Schedule  
 & Class Descriptions**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30 AM Pump <b>Lisa</b>		5:30 AM Cardio Camp <b>Pamela</b>		5:30 AM Pump <b>Lisa</b>		
					9:00 AM Bootcamp <b>Nicki</b>	
9:15 AM Pump <b>Nicki</b>	9:15 AM Cardio Camp <b>Pamela</b>	9:15 AM Bootcamp H.I.T. <b>Maria</b>	9:15 AM Pump <b>Sheri</b>	9:15 AM Zumba® <b>Paige</b>		
10:15AM Yoga <b>Sheri</b>		10:15AM Yoga <b>Erin</b>	10:15 AM Yoga <b>Sheri</b>			
						2:00 PM Pump <b>Sholly/Pamela</b>
5:15 PM Zumba® <b>Melissa</b>						
	5:30 PM Bootcamp H.I.T. <b>Nicki</b>	5:30 PM Bootcamp <b>Melissa</b>	5:30 PM Zumba® <b>Melissa</b>			
6:00 PM Bootcamp <b>Melissa</b>	6:00 PM Zumba® <b>Nicki</b>	6:15 PM Pump <b>Lisa</b>	6:30 PM Abs/Core Strength <b>Melissa</b>			
6:45 PM Abs/Core <b>Melissa</b>						
7:15 PM Yoga <b>Erin</b>	7:00 PM Pump <b>Lisa</b>	7:15 PM Yoga <b>Erin</b>	7:00 PM Pump <b>Lisa</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.

**H.I.T.**

High Intensity Interval Training is a fantastic way to blast calories and fat while toning and defining.

**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!

**POUND®**

Using Ripstix®, lightly weighted drumsticks made for exercising Transforms drumming into an incredibly effective calorie burner.

**ZUMBA FITNESS®  
 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

Effective 11/29/17