



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

South OKC

1020 SW 104th
 OKC, OK 73139

(405) 691-0037

**Group Fitness Schedule
 & Class Descriptions**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	5:30 AM Bootcamp Falon		5:30 AM Bootcamp Lynn timer			
9:00 AM ABS/Core Sheri	9:15 AM Step Judy	9:15 AM Bootcamp Ripped Carrie	9:15 AM Step Interval Amber	9:15 AM Zumba® Judy	9:00 AM Step/Interval Anita/Kim	
9:45 AM Bootcamp Ripped Sheri	10:00 AM Pump Judy	10:15 AM Pump Amber	10:00 AM Pump Amber		10:00 AM Bootcamp Kim/Lynn timer	
				10:15 AM Abs/Stretch Judy		
11:00 AM Functional Fitness Yoga Sheri		11:00 AM Functional Fitness Amber		11:00 AM Functional Fitness Judy		
					11:00 AM Zumba® Erica	
5:30 PM Bootcamp RIPPED Carrie	5:30 PM Zumba® Courtney	5:30 PM Bootcamp RIPPED Sheri	5:30 PM Zumba® Lauren			
6:15 PM Abs/Core Strength Judy		6:15 PM Yoga Sheri				
	6:30 PM Pump Heather		6:30 PM Pump Heather			
7:00 PM Zumba® Judy		7:00 PM Cardio/Toning Fusion Dawnita				
	7:30 PM Zumba® Dawnita		7:30 PM Zumba® Dawnita			
7:45 PM Yoga Carrie						

All Classes, Times, and Instructors are subject to change and/or cancellation without notice

Effective 11/21/2017

STEP

A traditional, high-intensity, low-impact, fat-burning workout using one or more steps.

CARDIO KICK

Blends punches and kicks for a high-energy, fat-burning, muscle-defining class.

PUMP

An easy to follow class using individual barbells for high repetition routines that will burn fat while defining all the major muscle groups.

BOOTCAMP

Athletic moves and drills combine with Resistance Training for total body conditioning.

YOGA

Restore and renew your mind, body and spirit with this relaxation and flexibility focused workout!



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.

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.

ABS/CORE STRENGTH

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

FUSION

Any blend of two or more of our classes into one unique workout providing variety and multiple benefits.

FUNCTIONAL FITNESS

Class focus is on using multiple muscles and joints to improve muscular strength, coordination, balance, and posture for a total body workout that conditions the participant for everyday activities. Excellent class choice for anyone desiring a non-impact format.