



**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 Lynnie			
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/Lynnie	
				10:15 AM Abs/Stretch Judy		
11:00 AM Functional Fitness Yoga Sheri		11:00 AM Functional Fitness Judy		11:00 AM Functional Fitness Judy		
					11:00 AM Zumba® Erica	
5:30 PM Bootcamp RIPPED Carrie	5:30 PM Zumba® Ria	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 9/11/2017

### 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.



These workouts offer a variety of routines from cardio, strength, plyo, abs, & more. All exercises have beginner, intermediate, and advanced options so that everyone can participate and excel. Get your water, a towel, and get ready to Bring It!

### 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.