



**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<br>Bootcamp<br>Falon |   | 5:30 AM<br>Bootcamp<br>Falon      | 5:30 AM<br>Bootcamp<br>Falon              |                                       |     |
| 9:00 AM<br>Zumba®<br>Heidi                      | 9:15 AM<br>Step<br>Judy      | 9:15 AM<br>Bootcamp Ripped<br>Heidi       | 9:15 AM<br>Step Interval<br>Amber | 9:15 AM<br>Zumba®<br>Judy                 | 9:00 AM<br>Step/Interval<br>Anita/Kim |     |
| 9:45 AM<br>Bootcamp Ripped<br>Heidi             | 10:00 AM<br>Pump<br>Judy     | 10:15 AM<br>Pump<br>Heidi                 | 10:00 AM<br>Pump<br>Amber         |   | 10:00 AM<br>Bootcamp<br>Kim/Lynnie    |     |
|   |                              |   |                                   | 10:15 AM<br>Abs/Stretch<br>Judy           |                                       |     |
| 11:00 AM<br>Functional Fitness<br>Yoga<br>Heidi |                              | 11:00 AM<br>Functional<br>Fitness<br>Judy |                                   | 11:00 AM<br>Functional<br>Fitness<br>Judy |                                       |     |
|   |                              |   |                                   |   | 11:00 AM<br>Zumba®<br>Erica           |     |
| 5:30 PM<br>Bootcamp RIPPED<br>Falon             | 5:30 PM<br>Zumba®<br>Judy    | 5:30 PM<br>Bootcamp RIPPED<br>Sheri       | 5:30 PM<br>Zumba®<br>Judy         |   |                                       |     |
| 6:15 PM<br>Abs/Core Strength<br>Falon           |                              | 6:15 PM<br>Yoga<br>Sheri                  |                                   |   |                                       |     |
|   | 6:30 PM<br>Pump<br>Heather   |   | 6:30 PM<br>Pump<br>Heather        |   |                                       |     |
| 7:00 PM<br>Zumba®<br>Falon                      |                              | 7:00 PM<br>Zumba®<br>Dawnita              |                                   |   |                                       |     |
|   | 7:30 PM<br>Zumba®<br>Dawnita |   | 7:30 PM<br>Zumba®<br>Dawnita      |   |                                       |     |
| 7:45 PM<br>Yoga/Pilates Fusion<br>Sheri         |                              |   |                                   |   |                                       |     |

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

Effective 7/20/2017

**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.