



Hours:
 Monday 5:00 AM
 Open 24 hours through
 Close Friday 10:00 PM
 Saturday: 6am-8pm
 Sunday: 8am-8pm

South Tulsa

81ST & YALE

4818 E. 80th St.
 Tulsa, OK 74136

(918) 494-3644
**Group Fitness Schedule
 & Class Descriptions**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30 AM Yoga Erin	5:30 AM Bootcamp Stevie		5:30 AM Bootcamp Stevie			
7:30 AM Bootcamp Zan			7:30 AM Bootcamp Zan			
9:00 AM Bootcamp Patti	9:00 AM Pump Christina	9:00 AM Pump Katy	9:00 AM Pump Lynda	9:00 AM Bootcamp Patti	9:00 AM Zumba® Cassie	
10:00 AM Yoga Patti	10:00 AM Yoga/Pilates Christina	10:00 AM Zumba® Witney	10:00 AM Yoga Lynda	10:00 AM Zumba® Witney	10:00 AM Yoga/Pilates Lynda	
		11:00 AM Cardio Dance Becky		11:00 AM Cardio Dance Becky	11:00 AM Zumba® Fernanda	1:30 PM Bootcamp Mitzi
12:00 PM Yoga Erin	12:00 PM Yoga Melanie	12:00 PM Yoga Erin	12:00 PM Yoga Melanie			
4:45 PM Yoga/Pilates Mitzi	5:00 PM Bootcamp Mitzi					
		5:15 PM Cardio Fusion Mitzi	5:00 PM Bootcamp Mitzi			
5:30 PM Pump Mitzi	5:45 PM Yoga/Pilates Mitzi					
6:15 PM Zumba® Fernanda		6:15 PM Pump Mitzi	6:00 PM Zumba® Fernanda	6:15 PM Zumba® Mareaka		
	6:30 PM Zumba® Zuri					
7:00 PM Bootcamp Katy/Jenn			7:00 PM Bootcamp Witney			
		7:15 PM Zumba® Mareaka				
	7:30 PM Zumba® Toning Zuri					
8:00 PM Zumba® Mareaka	8:00 PM Yoga/Pilates Lacie		8:00 PM Yoga/Pilates Lacie			

BOOTCAMP

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

CARDIO FUSION*

Various formats combined into one class focused on improving cardiovascular fitness, burning calories and fat loss. The cardio variety keeps it interesting while the aerobic training results in increased metabolism.

POWER 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.

CORE STRENGTH

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

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.

*Kickboxing: Gloves are required but NOT provided.

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

Effective 8/29/2017