



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

Broken Arrow

1800 S. Aspen
 Broken Arrow, OK 74012

(918) 251-4855

Group Fitness Schedule & Class Descriptions

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30 AM Bootcamp Dianna		5:30 AM Pump Melinda	5:30 AM Bootcamp Dianna			
				8:00 AM Pump Fusion Debi	8:00 AM Yoga/Pilates Sholly	
9:00 AM Interval Step Debi	9:00 AM Zumba® Cassie	9:00 AM Bootcamp Dianna	9:00 AM Interval Dianna		8:50 AM Bootcamp Sholly	
	9:00 AM H2O Workout Angela	9:45 AM H2O Workout Paula	9:45 AM Yoga/Pilates Christina	9:00 AM Step Debi	9:00 AM H2O Workout Debi	10:00 AM Pump Lynda
10:00 AM Zumba® Jessica	9:45 AM Pump Dianna	10:00 AM Zumba® Jessica	9:45 AM H2O Workout Leah	9:45 AM Abs/Core Strength Debi	9:45 AM Zumba® Jessica	11:00 AM Yoga Erin
10:15 AM H2O Workout Debi				9:45 AM H2O Aerobics Paula		
				10:30 AM Zumba® Jessica		
11:15 AM Yoga/Pilates Lynda	11:00 AM Functional Fitness Debi	11:00 AM Yoga/Pilates Lynda	11:00 AM Functional Fitness Debi	11:30 AM Zumba Toning® Jessica		
						1:30 PM Step Patti
5:00 PM Abs Mary	5:00 PM Abs Sholly		5:00 PM Abs Sholly			2:00 pM H2O Workout Angela
5:30 PM Bootcamp Mary	5:30 PM Bootcamp Sholly	5:15 PM Pump Cassie	5:30 PM Bootcamp Sholly			2:15 PM Bootcamp Patti
6:00PM H2O Workout Jill	6:00 PM H2O Workout Carol	6:00 PM H2O Carol	6:00 PM H2O Bootcamp Rachel	6:00 PM H2O Workout Jill		3:00 PM Yoga/Pilates Patti
6:15 PM Yoga/Pilates Mary	6:15 PM Stability Ball Patti	6:00 PM Zumba® Cassie	6:15 PM Yoga Lynda	6:15 PM Zumba® Jessica		5:00 PM Zumba® Bronte
7:00 PM Zumba® Cassie	7:00 PM Step Pump Fusion Patti	7:00 PM Step Pump Fusion Patti	7:00 PM Zumba® Zuri			
		7:45 PM Yoga/Pilates Patti	8:00 PM Zumba Toning® Zuri			

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.

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!

H2O WORKOUT

Classes held in the pool provide a no-impact workout, relieving stress on the joints.

H2O BOOTCAMP: Uses circuits for extra variety.

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.

FUNCTIONAL FITNESS

Class focus is on using multiple muscle 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.

STABILITY BALL

Stability balls can be a challenging way to add variety and fun to your workout while improving core stability and balance. Stability balls are used during class for cardio, strengthening and stretching

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.