



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

**Midwest City**

711 S. Air Depot Blvd.  
 Midwest City, OK 73110

**(405) 737-8441**

**Group Fitness Schedule  
 & Class Descriptions**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00 AM Bootcamp <b>Ardi</b>		9:00 AM Bootcamp <b>Ardi</b>		9:00 AM Bootcamp <b>Ardi</b>	9:00 AM Step Pump Fusion <b>Rhonda</b>	
	9:15 AM Cardio Dance <b>Richelle</b>		9:15 AM Cardio Dance <b>Richelle</b>			
10:15 AM Yoga <b>Pam</b>	10:00 AM Pilates/Abs <b>Richelle</b>	10:15 AM Yoga <b>Pam</b>	10:00AM Pilates/Abs <b>Richelle</b>	10:15 AM Yoga <b>Pam</b>	10:15 AM Yoga <b>Pam</b>	
					11:15 AM Cardio Dance <b>Jaquencia</b>	
5:00 PM Step <b>Krista</b>	5:00 PM Pump <b>Rhonda</b>	5:00 PM Double Step <b>Krista</b>	5:00 PM Pump <b>Rhonda</b>			
6:00 PM Pump <b>Rhonda</b>	5:45 PM Step <b>Rhonda</b>	6:00 PM Bootcamp <b>Jamie</b>	5:45 PM Step <b>Rhonda</b>			
	6:15 PM Bootcamp RIPPED <b>Hana</b>		6:15 PM Bootcamp <b>Jamie</b>			
7:00 PM Zumba® <b>Jamie</b>	7:00 PM Yoga <b>Marge</b>	7:00 PM Zumba® <b>Jamie</b>	7:00 PM Zumba® <b>Mioshi</b>			
8:00 PM Cardio Dance <b>Jaquencia</b>	8:00 PM Zumba® <b>Mioshi</b>	8:00 PM Cardio Dance <b>Jaquencia</b>				

**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.

**CARDIO DANCE**

High energy Cardio featuring fun dance steps to burn calories,

**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!

**FUSION**

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

**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.