



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

Norman

2255 W. Main St.
 Norman, OK 73069

(405) 364-9494

**Group Fitness Schedule
 & Class Descriptions**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	9:00 AM Zumba® Courtney				9:00 AM Zumba Yaisa	
9:30 AM Zumba® Regina		9:15 AM Zumba® Yaisa	9:15 AM Bootcamp/R.I.P.P.E.D. Hana	9:15 AM Bootcamp Yaisa		
					10:00 AM Bootcamp Jaime/Éric	
					11:00 AM Yoga Jaime	
5:15 PM Bootcamp Paula	5:15 PM Bootcamp Andrea	5:15 PM Bootcamp Paula	5:15 PM Bootcamp Jaime			
	5:15 PM Piyo Jennifer					
6:00 PM Zumba® Regina	6:15 PM Zumba® Jaime	6:00 PM Piyo Jennifer				
7:00 PM P90x/Live Bootcamp Eric		7:00 PM P90x/Live Bootcamp Eric	7:00 PM Zumba® Courtney			
			8:00 PM Yoga Courtney			



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.

BOOTCAMP

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

Piyo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

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!



R.I.P.P.E.D.

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.



P90X, or Power 90 Extreme, is a commercial exercise regimen created by Tony Horton in 2005 and was developed as a successor to the program called "Power 90". It consists of a training program that uses cross-training and periodization.

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

Updated 12/29/2018