



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

Owasso

507 E. 2nd Ave S
 Owasso, OK 74055

(918) 609-6090

**Group Fitness Schedule
 & Class Descriptions**

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------------------------|-------------------------------------|-------------------------------------|---|----------------------------|----------------------------------|---------------------------|
| 5:30 AM Pump Lisa | | | | 5:30 AM Pump Lisa | | |
| | | | | | 9:00 AM Bootcamp Nicki | |
| 9:15 AM Pump Nicki | 9:15 AM Cardio Camp Pamela | 9:15 AM Bootcamp H.I.T. Maria | 9:15 AM Pump Sheri | 9:15 AM Zumba® Paige | 9:45 AM Cardio Dance Nicki | |
| 10:15AM Yoga Sheri | 10:15 Yoga Dustin | 10:15 Cardio Dance Pamela | 10:15 AM Yoga Sheri | | 10:30 PM Yoga Erin | |
| | | | | | | 2:00 PM Pump Sholly |
| 4:45 PM Bootcamp Pamela | | | | | | |
| 5:15 PM Zumba® Melissa | | | 5:00 PM Bootcamp Melissa | | | |
| | 5:30 PM Bootcamp H.I.T. Nicki | 5:30 PM Bootcamp Melissa | 5:30 PM Zumba® Melissa | | | |
| 6:00 PM Bootcamp Melissa | 6:00 PM Cardio Dance Nicki | 6:15 PM Pump Lisa | 6:30 PM Abs/Core Strength Melissa | | | |
| 6:45 PM Abs/Core Melissa | | | | | | |
| 7:15 PM Yoga Dustin | 7:00 PM Pump Lisa | 7:15 PM Yoga Erin | 7:00 PM Pump Lisa | | | |

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.

H.I.T.

High Intensity Interval Training is a fantastic way to blast calories and fat while toning and defining.

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.

ABS/CORE STRENGTH

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

LATIN DANCE

Great music and calorie torching dance moves. This fusion dance fiesta is a fun, exciting way to lose weight & inches! Believe in the beat!

POUND®

Using Ripstix®, lightly weighted drumsticks made for exercising Transforms drumming into an incredibly effective calorie burner.

**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.

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

Effective 11/29/18