

JOIN US TODAY



SUN

YOGA
2-3pm
Kelly

PUMP&CRUNCH
330-5pm
Katy

MON

HIGH DANCE FITNESS
9-950am
Lauri

SENIOR FITNESS
10-1050am
Deb/Starla

SILVER SNEAKERS
11-1150am
Deb/Laura/Starla

RHYTHM RIDE
515-6pm
Kellie

YOGA PILATES FUSION
7pm-750pm
Patti

TUES

SCULPT
8-850am
Deb

HIGH OCTANE
9-950am
Dawna

*ROCK STEADY
1-2pm
Kimberly

RHYTHM RIDE
515-6pm
Kellie

WEDS

YOGA PILATES FUSION
9-950am
Kelly

SENIOR FITNESS
10-1050am
Deb/Starla

SILVER SNEAKERS
11-1150am
Deb/Laura/Starla

RHYTHM RIDE
515-6pm
Kellie

ZUMBA
6-7pm
Kayla

THURS

KICK IT UP
9-950am
Dawna

*ROCK STEADY
1-2pm
Kimberly

RHYTHM RIDE
515-6pm
Kellie

FRI

DANCE FUSION
9-950am
Sara Gae

SENIOR FITNESS
10-1050am
Deb/Starla

SILVER SNEAKERS
11-1150am
Deb/Laura/Starla

SAT

YOGA PILATES FUSION
9-10am
Kelly



CLASS DESCRIPTIONS

DANCE FITNESS - Easy to follow high energy dance fitness. 865 7161 3609

DANCE FUSION - Dance combinations with intervals of upper and lower body toning to fun music. 872 6954 9261

HIGH DANCE FITNESS - Easy to follow high energy dance fitness. 865 7161 3609

HIGH OCTANE - Circuit training including HIIT, tabata, cardio, and strength. 836 7323 5077

KICK IT UP - Timed circuits, Tabata, HIIT. Challenge the inner athlete with med balls, kettle bells, Bosu, discs, and weights. 889 3266 1750

PUMP&CRUNCH - An extended 90-minute multi-modal cardio, resistance, and strengthening interval class utilizing weights, balls, bands, and steps. The music motivates and entertains while the time flies! 844 7717 0429

RHYTHM RIDE - All fitness levels welcome. Dim the lights and get ready for this party on a bike! Let the beat of the music guide you through a calorie burning blast! Cardio, strength and jams that keep you motivated to keep pushing through.

*ROCK STEADY - There are ways in which people with Parkinson's disease can enhance their quality of life and even build strength, flexibility and speed! By boxing and exercising with coaches who knew the ropes, you can fight your way out of the corner and start to feel and function better. Contact Kimberly Cusher (405-912-3055 or kcusher@nrh-ok.com) to schedule screening prior to joining class.

SCULPT - Keep it simple with all over body conditioning using bands, TRX and weights. Tues: 819 2727 7709

SENIOR FITNESS - Low-impact. Senior aerobics, strength, stretch and balance. 847 3599 7477

SILVER SNEAKERS - Low-impact. Classic, chair-based strengthening that includes chair yoga with emphasis on balance and strength. 895 4616 2065

YOGA - Experience a fun yoga flow moving with the breath. These yoga postures which will improve posture, balance and mind body connection. 845 2709 1294

YOGA PILATES FUSION - With principles of Pilates, yoga and barre muscular endurance, this class uses light hand weights, core ball and many other props to improve strength, balance and flexibility to avoid injury and improve health. Mon: 890 0286 2937 | Sat: 835 9674 7277

ZUMBA - This Latin-inspired cardio-dance workout uses music and choreographed steps to form a fitness party atmosphere. Music styles include everything from jazz to African beats to country to hip-hop and pop. 892 0204 7997

VIRTUAL CODES NOW PROVIDED WITH CLASS DESCRIPTIONS. Visit [ZOOM.US/JOIN](https://zoom.us/join) and login using appropriate meeting ID.

We happily modify workouts to match your level of experience. Please notify instructor prior to class if you have specific concerns.