

# JOIN US TODAY



## SUN

YOGA [HYBRID]  
2-3pm  
Kelly

PUMP&CRUNCH  
330-5pm  
Katy

## MON

SENIOR FITNESS  
10-1050am  
Starla/Deb

SILVER SNEAKERS  
11-1150am  
Starla/Deb

## TUES

HIGH OCTANE  
9-950am  
Dawna

\*ROCK STEADY  
1-2pm  
Kimberly

RHYTHM RIDE  
515-6pm  
Kellie

YOGA STRENGTH  
6pm-7pm  
Kristen

## WEDS

YOGA PILATES FUSION  
9-950am  
Kelly

SENIOR FITNESS  
10-1050am  
Starla/Deb

SILVER SNEAKERS  
11-1150am  
Starla/Deb

FIT 2 FUNCTION  
5-550pm  
Kelly

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

CARDIO DANCE  
6-650pm  
Teresa

## FRI

DANCE FUSION  
9-950am  
Sara Gae

SILVER SNEAKERS  
11-1150am  
Starla/Deb

## SAT

YOGA PILATES FUSION  
9-950am  
Kelly



## CLASS DESCRIPTIONS

CARDIO DANCE- Continuous cardio using a combination of current music and high energy dance moves.

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

FIT 2 FUNCTION - We are designed to push, pull, hinge squat, lunge, carry and rotate. These compound movements recruit several muscle groups and bend multiple joints to achieve functional movement for every body! Expect fun, workout variety and cool down stretching.

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

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

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!

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.

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

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

STRONG NATION- A full body HIIT-style workout that blends plyometric, muscle conditioning and intense cardio. This rhythmic strength training without weights is a great way to get cardio and tone up!

YOGA [HYBRID] - Experience a fun yoga flow moving with the breath. These yoga postures which will improve posture, balance and mind body connection. Join in person at the club or via ZOOM application on any smart device. Meeting ID: 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.

YOGA STRENGTH - Challenge yourself in this advanced yoga class, where we increase strength and flexibility to avoid injury and improve health.

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.

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