

# 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

CARDIO DANCE  
6-650pm  
Teresa

## 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

CARDIO DANCE- Continuous cardio using a combination of current music and high energy dance moves. 848 7403 9596

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. Mon: 871 8923 2754 | 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 | Weds: 814 1876 6179 | 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.