

JOIN US TODAY



SUN

PUMP&CRUNCH
330-5pm
Katy

MON

HIGH DANCE FITNESS
9-950am
Lauri

SENIOR FITNESS
10-1050am
Deb

SENIOR SCULPT
12-1250pm
Deb

RHYTHM RIDE
515-6pm
Kellie

TUES

HIIT
9-950am
Dawna

SENIOR SCULPT
1030-1120am
Deb

*ROCK STEADY
1-2pm
Kimberly

*ROCK STEADY
215-315pm
Kimberly

RHYTHM RIDE
515-6pm
Kellie

WEDS

YOGA SCULPT
9-950am
Ashley

SENIOR FITNESS
10-1050am
Deb

SILVER SNEAKERS
11-1150am
Laura

RHYTHM RIDE
515-6pm
Kellie

ZUMBA
6-7pm
Kayla

THURS

HIIT
9-950am
Dawna

SENIOR SCULPT
10-1050am
Ashley

*ROCK STEADY
1-2pm
Kimberly

*ROCK STEADY
215-315pm
Kimberly

RHYTHM RIDE
515-6pm
Kellie

FRI

DANCE FUSION
9-950am
Sara Gae

SENIOR FITNESS
10-1050am
Ashley

SENIOR STRETCH
11-1150am
Ashley

SAT



CLASS DESCRIPTIONS

DANCE FUSION - Dance combinations with intervals of upper and lower body toning to fun music. 870 3089 0409

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

HIIT - Timed circuits, Tabata, High Intensity Interval Training. Challenge the inner athlete with med balls, kettle bells, Bosu, discs, and weights. 869 0128 6445

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! 846 5146 0043

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. 891 3285 9942

SENIOR SCULPT - A combination of simple cardio, weight bearing sculpt, core work on the mat, and the perfect cool down stretch. These easy to follow movements will empower you to push past the limits you thought you had and experience your inner strength in a fun fitness class. 812 8217 6691

SILVER SNEAKERS - Low-impact. Classic, chair-based strengthening that includes chair yoga with emphasis on balance and strength. 868 4419 5344

SENIOR STRETCH- Feel the body relax with chair-based breathing, balance, strength and stretching moves. 838 9635 2994

YOGA SCULPT - In this class we use dumb bells, gliders and other equipment to sculpt and build muscle in various yoga postures. Build strength, improve balance and flexibility in this fun class as we move to the beat of the music. 895 2757 5442

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. 817 7568 9060

VIRTUAL CODES PROVIDED WITH CLASS DESCRIPTIONS. Visit [ZOOM.US/JOIN](https://zoom.us/join) and login using appropriate meeting ID. All virtual class participants must register 24 hours prior to class and weekend registrations will not be processed until the following business day. To register, email MHOWELL@NRH-OK.COM

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