

FITNESS CLASSES

SUN	MON	TUE	WED	THU	FRI
	Boost 8-8:50am Sara Gae	Hatha Yoga 8-8:50am Garold	Strength Spin 8:15-9am Dawna	Dance Fitness 8-8:50am Natalie	
	Yoga Sculpt 9-9:50am Garold	HIIT 9-9:50am Dawna	Vinyasa Yoga 9-9:50am Natalie	HIIT 9-9:50am Dawna	Cardio Dance 9-9:50am Sara Gae
	Senior Fitness 10-10:50am Garold/Deb		Senior Fitness 10-10:50am Garold/Deb		Senior Fitness 10-10:50am Karen
	Silver Sneakers™ 11-11:50am Karen	TRX Core 11-11:50am Deb	Silver Sneakers™ 11-11:50am Karen		Silver Sneakers™ 11-11:50am Karen
		*Rock Steady™ 1-2pm Lisa		*Rock Steady™ 1-2pm Lisa	
		*Rock Steady™ 2:15-3:15pm Lisa		*Rock Steady™ 2:15-3:15pm Lisa	
Pump&Crunch 3:30-5pm Katy	Rhythm Ride 5:15-6pm Kellie	Rhythm Ride 5:15-6pm Kellie	Rhythm Ride 5:15-6pm Kellie	Rhythm Ride 5:15-6pm Kellie	
			Boost 6:30-7:20pm Sara Gae		

DESCRIPTIONS

BOOST - A fun full-body workout including both light and heavy weights as well as other equipment. Intervals of strength training, balance and toning are interspersed with cardio bursts and dance.

CARDIO DANCE - A music-driven class featuring a brief warm up, then intervals of athletic cardio dance and toning using heavy and light weights. This class ends with abdominal work followed by full body stretching, stillness and breathwork.

DANCE FITNESS - A fun and intense Latin infused dance fitness experience.

HATHA YOGA - This beginners to intermediate class is lower impact, using stretches to connect our mind and body. We focus more on balance, strength and agility.

HIIT - Timed circuits, Tabata, High Intensity Interval Training. 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 - 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 Lisa Robertson (405-307-1722 or LRoberston@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.

STRENGTH SPIN - This ride will simulate varied terrain as you tackle rolling hills, sprints, climbs and runs along with other drills to give you a great interval workout. Come and sweat, increase endurance, and be encouraged among fellow riders to high energy music.

TRX CORE- Strength and core conditioning utilizing basic TRX training techniques, weights, and more on the floor for abs and back.

VINYASA YOGA - This intermediate class is more active - moving in and out of postures with the breath. We focus more on mobility, strength and flexibility.

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.