

FITNESS CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
	Dance Fusion 8-8:50am Sara Gae	Hatha Yoga 8-8:50am Karen	Strength Spin 8:15-9am Dawna			
	Vinyasa Yoga 9-9:50am Natalie	HIIT 9-9:50am Dawna	Yoga Sculpt 9-9:50am Garold	HIIT 9-9:50am Dawna	Dance Fusion 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		Silver Sneakers 11-11:50am Karen			Zumba 11-11:50am Leesa
		*Rock Steady 1-2pm Kimberly		*Rock Steady 1-2pm Kimberly		
		*Rock Steady 2:15-3:15pm Kimberly		*Rock Steady 2:15-3:15pm Kimberly		
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		

DESCRIPTIONS

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

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 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.

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.

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.

ZUMBA - Come feel the music from your heart to your toes! This class is inspired by Latin dance genres like Salsa, Cumbia, and Merengue. Through dance, you will improve your range of motion, blood flow, and stamina.