

# FITNESS CLASSES

SUN	MON	TUE	WED	THU	FRI
	<b>Dance Fusion</b> 8-8:50am Sara Gae	<b>Yoga</b> 8-8:50am Karen			
		<b>HIIT</b> 9-9:50am Dawna	<b>Yoga Sculpt</b> 9-9:50am Garold	<b>HIIT</b> 9-9:50am Dawna	<b>Dance Fusion</b> 9-9:50am Sara Gae
	<b>Senior Fitness</b> 10-10:50am Deb		<b>Senior Fitness</b> 10-10:50am Deb		<b>Senior Fitness</b> 10-10:50am Karen
		<b>*Rock Steady</b> 1-2pm Kimberly	<b>Silver Sneakers</b> 11-11:50am Laura	<b>*Rock Steady</b> 1-2pm Kimberly	
		<b>*Rock Steady</b> 2:15-3:15pm Kimberly		<b>*Rock Steady</b> 2:15-3:15pm Kimberly	
<b>Pump&amp;Crunch</b> 3:30-5pm Katy	<b>Rhythm Ride</b> 5:15-6pm Kellie	<b>Rhythm Ride</b> 5:15-6pm Kellie	<b>Rhythm Ride</b> 5:15-6pm Kellie	<b>Rhythm Ride</b> 5:15-6pm Kellie	

# DESCRIPTIONS

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

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 - 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.

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

YOGA - Experience a fun yoga flow moving with the breath. These yoga poses improve posture, balance and mind body connection.

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.