

# 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  
10-1050am  
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](mailto: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.