

FITNESS CLASSES

SUN

MON

TUE

WED

THU

FRI

Dance Fusion

8-8:50am
Sara Gae

Yoga

8-8:50am
Karen

Strength Spin

8:15-9am
Dawna

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
Deb

Senior Fitness

10-10:50am
Deb

Senior Fitness

10-10:50am
Karen

Zumba

2-3pm
Leesa

***Rock Steady**

1-2pm
Kimberly

Silver Sneakers

11-11:50am
Karen

***Rock Steady**

1-2pm
Kimberly

Pump&Crunch

3:30-5pm
Katy

***Rock Steady**

2:15-3:15pm
Kimberly

***Rock Steady**

2:15-3:15pm
Kimberly

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.

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.

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.

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.