

JOIN US TODAY



SUN

PUMP&CRUNCH
330-5pm
Katy

MON

SENIOR FITNESS
10-1050am
Deb

RHYTHM RIDE
515-6pm
Kellie

TUES

HIIT
9-950am
Dawna

*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

THURS

HIIT
9-950am
Dawna

*ROCK STEADY
1-2pm
Kimberly

*ROCK STEADY
215-315pm
Kimberly

RHYTHM RIDE
515-6pm
Kellie

FRI

DANCE FUSION
9-950am
Sara Gae

SAT



CLASS 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 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.