<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-6:50a</td>
<td>Spin, Carisa</td>
<td>6:00-6:50a</td>
<td>6:00-6:50a</td>
<td>6:00-6:50a</td>
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<tr>
<td>Swim Fit, Gena</td>
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<td>Water Aerobics, DB.</td>
<td>Yoga, Savannah</td>
<td>Yoga, Alex</td>
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<tr>
<td>6:30-7:20a</td>
<td>Yoga, Addison</td>
<td>Yoga, Julie</td>
<td>Yoga, Carol</td>
<td>Yoga, Sydney</td>
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<td>12:10-12:50p</td>
<td>Yoga, LaMeca</td>
<td>Intensity, Marina</td>
<td>Core &amp; More, M.</td>
<td>12:10-12:50p</td>
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<tr>
<td>12:15-12:45p</td>
<td>Core &amp; More, M.</td>
<td>Yoga, Billie</td>
<td>Intensity, Marina</td>
<td>Yoga, Alex</td>
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<td>4:30-5:20p</td>
<td>Zumba, H.</td>
<td>Yoga, Billie</td>
<td>Yoga, Bridget</td>
<td>5:30-6:20p</td>
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<td>5:30-6:20p</td>
<td>Aqua Zumba, H.</td>
<td>Spin, Quinn</td>
<td>POP Pilates, A.</td>
<td>Spin, Quinn</td>
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<td>5:45-6:30p</td>
<td>POP Pilates, A.</td>
<td>Barre, Abbie</td>
<td>Spin, Alex</td>
<td>Yoga, Addison</td>
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<td>7:30-8:20p</td>
<td>Yoga, Addison</td>
<td>Relax &amp; Yoga, C.</td>
<td>Racquetball, T.</td>
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<td>TRX, M.</td>
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<td>Muay Thai, B.</td>
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<td>Dance Party, S.</td>
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<td>Power Yoga, B.</td>
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<td>Judo, J.</td>
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**STUDIO KEY:**
- C = Combatives (CRC)
- D1 = Dance 1 (CRC)
- D2 = Dance 2 (CRC)
- MP1 = Multipurpose 1 (CRC)
- MP2 = Multipurpose 2 (CRC)
- PS = Performance Studio (CRC)
- P = Indoor Pool (CRC)
- OP = Outdoor Pool (CRC)
- R = Racquetball Courts (CRC)
- S = Spin (CRC)
- SW1 = Studio 1 (SWC)
- SW2 = Studio 2 (SWC)

Classes are offered at no charge to students and benefits eligible employees. Others must have Department of Wellness Membership. CRC 405-744-5510 | SWC 405-744-9355

Spin, Kickboxing, and TRX require a pass. Passes are available for free 30 minutes prior to class time. Class sizes are limited.
Cardio and Conditioning Classes:

• **Cardio Fusion** - The perfect conditioning class to prepare your body for any type of fitness activity. The functional movements that are used in the class are ideal for everyday activity.

• **Intensity** - A revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, Intensity pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

• **Kickboxing** - Kick and punch your stress away with this high-energy workout that uses martial arts basics and bags to really work up a sweat. No experience required, just come several minutes early to wrap your hands.

• **POUND®** - This class is the first cardio jam session inspired by the energizing and sweat-dripping fun of playing the drums. Using Riptix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out.

• **Racquetball** - Participants will have the opportunity to practice and play against the best of the best players! Come with a fun and competitive attitude for a fun filled workout.

• **Spin** - A great high intensity, low-impact workout! Your instructor will guide you over a variety of terrain with several modes of training styles. Every ride is your own, so you have the ability to adjust your intensity making this class great for all levels!

• **TRX®** - Work against gravity and your body’s own resistance! As you perform hundreds of exercises that build strength, balance, flexibility, power, mobility, and prevent injuries all at the intensity you choose.

• **Country Western Dance I** - The focus in this class is on four styles of two stepping both past and present. Learn a variety of easy and effective basic principles of two stepping.

• **Country Western Dance II** - Advance with combinations of turns and tap into creative developments through rigorous practice. Expand on Two Stepping styles and bring out new ideas. Must have taken Country Western I.

• **Dance Party** - Listen to the Top Hits and learn choreography that will get your heart rate jumping and your body moving. Come join the party!

• **Hip-Hop** - Hip Hop Class will enrich you with technique, movement, confidence, and lots of fun. The instructor, makes sure to pick choreography that will suit and benefit dancers of all levels.

• **Zumba®** - A total body workout with cardio conditioning in a Latin flavor. Fusing hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away.

Martial Arts:

• **Tae Kwon Do** - In this class students are taught the basic punches, kicks, blocks and stances of this martial art style. In addition to the standard techniques taught in this style, students are introduced to elements of Brazilian Jiu-Jitsu, the Okinawan Kubodokan weapon system, Shotokan and Goju-ryu Karate, Muay Tai, Kali, and various self-defense methods. Improved conditioning, balance, self-confidence are the normal results of this style of training.

• **Aikido** - Aikido translates as “The Way of Divine Harmony.” In this class students are taught throws, joint locks, and various techniques while working cooperatively with a partner at a pace commensurate with the abilities of each person.

Mind/Body:

• **Power Yoga** - An intense workout that will make you sweat. A traditional Ashtanga practice follows the same series of poses and makes you hold each for five breaths before moving through a Vinyasa.

• **Relax & Restore Yoga** - Yoga class for all body types and all levels of ability; no prior yoga experience required. Approximately 30-40 minutes of gentle yoga poses, followed by a 15 minute guided relaxation.

• **Yoga** - This class works to develop the physical body with strength, stamina and flexibility; the emotional body with stability, confidence and discernment; the mental body with awareness, concentration and focus.

Resistance:

• **Barre** - This class will combine postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training, combined with high reps of small range-of-motion.

• **Core & More** - This comprehensive core class will target every aspect of your core, along with involving other muscle groups throughout the class!

• **Strength and Stretch** - A great way to complement yoga and/or cardio exercise. Strengthening exercises emphasize the abs, torso and “core” muscles to condition you.

• **Total Body** - A strength training class targeting major muscle groups using various equipment and body weight, total body incorporates bursts of cardio into movements.

Water:

• **Aqua Zumba®** - Love to Zumba®? Come join us in the pool for a total body workout with cardio conditioning in a Latin flavor.

• **SwimFit** - This class incorporates lap swimming and supplementary movements to provide resistance on the body and improve cardiovascular endurance.

• **Water Aerobics** - This aerobics class incorporates a variety of exercises ranging from running to Jumping jacks in the deep water. Belts are provided for flotation. This class will increase muscle tone and strength.