### SUMMER 2018 SCHEDULE
July 1 - August 17

#### 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)
- SWC = Seretean Wellness Center

#### 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.

- **Tabata** - This type of interval training is one of the most effective types of high intensity interval training. Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time.

- **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.

- **Orange Power Fit** - This class is sure to get your heart rate up with interval based training. Exercises encourage participants to work at high intensities with short segments of rest helping to create a more efficient cardiovascular system for all participants.

- **POUND®** - A total-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work.

- **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.

**Dance:**

- **Bachata** - This class will teach you the beginning moves to the Bachata dance! Partner is not needed; the class will mingle with one another!

- **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.

- **Argentine Tango** - This class will teach you the beginning moves to the Bachata dance! Partner is not needed; the class will mingle with one another!

- **Salsa** - This class will teach you the beginning moves to Salsa dance! Partner is not needed; the class will mingle with one another!

- **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:**

- **Judo** - Uses a series of throws, as well as grappling techniques, to win a judo match. Judo training includes self-defense, cardiovascular training, strength conditioning, improving balance and self-confidence.

- **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.

- **Mixed Martial Arts (MMA)** - MMA is unique in that there is not a set list of techniques for the system but any technique that doesn’t violate the rules of the sport is allowed. In this class, students are taught techniques that can be used for both self-defense and fitness while working cooperatively with partners. Improved conditioning and self-confidence are also goals of this class.

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

**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.

**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.

- **Restorative Stretching** - Sequence typically involves only five or six poses, supported by props that allow you to completely relax and rest. Held for 5 minutes or more, restorative poses include light twists, seated forward folds, and gentle bends.

**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.

**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.