



GROUP EXERCISE

Effective August 1st



City of Moore
MOORE, OKLAHOMA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Bootcamp (Stacia)	Cycle & Sculpt* (Stacia)	Bootcamp (Stacia)	Cycle & Sculpt* (Stacia) Bootcamp (Faithann)	BodyPump™ (Patti)		
6:00am	Master Swim \$ (Jay)		Master Swim \$ (Jay)				
6:15am		TRX (Joy) Sunrise Yoga* (Katy)		TRX (Joy) Sunrise Yoga* (Katy)			
6:30am	The Burn (Sherri)		The Burn (Sherri)				
9:00am	Aqua Zumba (Denise)	Shallow Water Fitness (Suvi)	Aqua Zumba (Denise)	Shallow Water Fitness (Suvi)		Bootcamp (Robert)	
9:30am	Total Body Conditioning (Stacia) Cycle* (Jay)	The Burn (Sherri) Fusion Fitness* (Lisa)	Bootcamp (Jessica) Cycle* (Jay)	Circuits & Drills (Jessica)	Ride & Stride* (Jay) <i>The first friday of every month is 1.5 hour</i>		
10am	Deep Water Fitness (Denise)	Deep Water Fitness (Suvi)	Deep Water Fitness (Denise)	Deep Water Fitness (Suvi)	HIIT (Hailey)	Cycle* (Hristina) Cardio Kickboxing (Robert)	
10:30am		Senior Fitness (Marcia)		Senior Fitness (Marcia)	Senior Fitness* (Marcia)		
11am	Tai Chi For Health (Chock)		Zumba (Lisa)	Tai Chi For Health* (Chock)		Yoga* (Faithann)	
12pm	Cycle & More* (Kathie)	HIIT (Hailey)	Yoga (Mary)	TRX (Suvi)	Fusion Fitness (Lisa)		
1pm							Tai Chi for Health* (Chock)
1:10pm							Zumba (Melissa)
2:10pm							Cycle* (Hristina)
3:10pm							Yoga* (Katy)
4pm		Core & More (Suvi) 25 min					
4:30pm	HIIT (Hailey)	Sculpt (Jessica)	HIIT (Hailey)	Sculpt (Jessica)	HIIT (Jessica)		
5:30pm	Cycle* (Jay)	Bootcamp (Amanda)	Zumba (Melissa) Cycle* (Jay)	Bootcamp (Robert) Cycle* (Lynnne)			
6pm	Zumba (Lisa)						
6:30pm		Cardio Blast (Sherri)		Yoga* (Katy)			
7pm	Barre* (Patti) BodyPump™ (Courtney A.)	Zumba* (Jennifer)	Barre* (Faithann) BodyPump™ (Courtney A.)	Zumba (Courtney F.)			

All annual passes include basic water and land fitness classes

All classes are 55 minutes unless noted otherwise

* = Classes will take place in the cycling studio

\$ = Fee based class. See front desk for more information

Pass Needed: Arrive early and pick your pass at the front desk. Space is limited

Aquatic Class: Classes will take place in the Aquatic Center.

See back for descriptions.

Schedule is subject to change.



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BARRE	Great for all levels. This full-body workout will shape leaner and longer muscles. Using the ballet barre and your own body weight, you will be guided through postures inspired by yoga and Pilates. This class focuses on the essentials: alignment, form and safety — with limited cardio or the use of props.	THE BURN	Feel the BURN! Weight incorporated class working your whole body with full body moves.
BODYPUMP™	Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories*. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.	YOGA	Participants will coordinate breath with movement to move from one pose to another. Together, the series of poses improve flexibility, calm the mind, and strengthen the body. Poses range from beginner to intermediate.
BOOT CAMP	Focus on increasing the caloric burn through fun drills, intervals of strength, plyometric, agility, and cardio. These exercises are designed for all levels and for those who want to get the most out of their workout.	TAI CHI FOR HEALTH	You will improve balance, coordination, joint health and develop muscular strength. The Tai Chi practice will help reduce stress, anxiety, and will help with concentration and focus.
CARDIO BLAST	Constant variety of step, hi/low aerobics, tabata, kickboxing, circuit and full body weight moves. All moves incorporate fat-burning aerobic activity and resistance work with bands, hand weights, and other equipment.	TOTAL BODY CONDITIONING	Resistance training involving dumbbells and body weight to help increase muscle strength and definition.
CYCLE/AB	You will start with a calorie burning cycling class and finish off with an ab blast focusing on those core muscles. Participants must obtain a pass with the front desk to gain access to ALL cycle classes. Space is limited to 19 participants.	TRX®	This suspension training class is a revolutionary method of leveraged body weight exercises based on training done by the Navy Seals. You will build power, develop strength, balance, flexibility, and joint stability. Participants must obtain a pass with the front desk to gain access to class. Space is limited to 12 participants.
DEEP WATER FITNESS	Exercising in deep water decreases the impact on joints, improves circulation, stabilizes your core and improves flexibility. These workouts can benefit anyone! All exercises can be modified to meet almost any goal for any age or fitness level. This is challenging and safe practice for the professional athlete to reducing back pain for a pregnant woman, or improving functional movement for older adults.	FUSION FITNESS	Fusion fitness is an intense low impact class. This Pilates inspired workout will strengthen your core while also incorporating the stretching, balancing, and flexibility postures of Yoga. Following the flow method of yoga, individuals will work to lengthen, strengthen, and restore muscles in this total body sculpting workout.
HIIT	High Intensity Interval Training will burn more fat, improve endurance and build strength. This training method includes low to moderate intensity intervals alternated with high intensity intervals.	RIDE & STRIDE	Not your average Cycle class - Participants will begin with 10 minutes of cycling and work their way to the indoor track for a 5 minute jog! Not comfortable running yet? Participants can choose to stay on the bikes. We encourage new participants to arrive early for set-up and instruction. Participants must obtain a pass with the front desk to gain access to ALL cycle classes. Space is limited to 19 participants.
CARDIO KICKBOXING	Combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and experience participants alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.	AQUA ZUMBA®	Make a splash! Low-impact, high-energy aquatic exercise. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!
SCULPT	A total body strength training class that incorporates barbell training that will build muscle and reduce body fat.	SHALLOW WATER FITNESS	Low-intensity to high-intensity! This water fitness class will offer multiple benefits for all fitness levels. You'll get a great resistance workout in the lazy river to a variety of other formats, including kickboxing, water walking, and yoga, and more.
SENIOR FITNESS	These classes combine fun and fitness! They are designed to increase endurance and strength which will assist in easier management of your functional daily routine.		
SUNRISE YOGA	Clarity and peace of mind and body are benefits of a sunrise yoga practice because of fewer distractions prior to starting your day. Yoga brings your body more energy and nourishes you with a positive attitude to fully prepare for the challenges of the day ahead.		

