



GROUP EXERCISE

Fall 2017



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)		
6:15am		TRX (Joy) Sunrise Yoga* (Kathie)		TRX (Joy) Sunrise Yoga* (Kathie)	Yoga* (Joy)		
6:30am	The Burn (Sherri)		The Burn (Sherri)				
9:00am						Bootcamp (Robert)	
9:30am	Toning (Stacia) Cycle* (Jay)	The Burn (Sherri) Fusion Fitness* (Lisa)	Bootcamp (Jessica) Cycle* (Jay)	Toning (Stacia)	Ride & Stride* (Jay)		
10am					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* (Lyndsey)	
12pm	Cycle & More* (Kathie)	HIIT (Hailey)	Yoga (Mary)	TRX (Suvi)	Fusion Fitness (Lisa)		
1pm							Beginner Tai Chi* (Chock)
1:10pm							Zumba (Melissa)
2:10pm							Cycle* (Hristina)
3:10pm							Yoga* (Katy)
4pm		Core & More (Suvi) 25					
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* (Lynn timer)	KEY Wednesday 5:30pm Zumba will move to 6:00pm beginning September 20th. New Yoga class begins September 22nd		
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

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.	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.
BEGINNER TAI CHI	This class will cover the basic concepts of Tai Chi, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection will be discussed. This is a great class to improve body awareness and balance.	RIDE & STRIDE	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.
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. Participants must obtain a pass with the front desk to gain access to ALL cycle classes. Space is limited to 19 participants.	SCULPT	A total body strength training class that incorporates barbell training that will build muscle and reduce body fat.
BOOT CAMP	Focus on increasing the caloric burn through fun drills, intervals of strength, plyometric, agilities, and cardio. These exercises are designed for all levels and for those who want to get the most out of their workout.	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.
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.	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.
CORE & MORE	Strengthen your core from every angle with sequences of both abdominal and back exercises	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.
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.	THE BURN	Feel the BURN! Weight incorporated class working your whole body with full body moves.
CYCLE/SCULPT	An intense full body workout on a stationary bike that is adjustable to provide a custom fit, combined with training that will build muscle and reduce body fat. Participants control the level of intensity. 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.	TONING	Resistance training involving dumbbells and body weight to help increase muscle strength and definition.
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.	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.
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.	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.
		ZUMBA®	Ditch the workout, join the party! No dance experience needed for this Latin dance-based fitness class! It's fun and easy! Wear comfortable and supportive athletic shoes and get ready to sweat!