



GROUP EXERCISE

Summer 2018



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 (Joy)	BodyPump™ (Patti)		
6:15am	\$Master Swim (Jay) 6am	TRX (Joy) Sunrise Yoga* (Kathie)	\$Master Swim (Jay) 6am	TRX (Joy) Sunrise Yoga* (Kathie)	Yoga* (Joy)		
6:30am	The Burn (Sherri)		The Burn (Sherri)				
9:00am	Aqua Zumba (Denise)	Shallow Water (Suvi)	Aqua Zumba (Denise)	Shallow Water (Suvi)		Bootcamp (Robert)	
9:30am	Toning (Sherri) Cycle* (Jay)	The Burn (Sherri) Fusion Fitness* (Lisa)	Bootcamp (Sherri) Cycle* (Jay)	Toning (Sherri)	Ride & Stride* (Hristina) BodyPump™ (Kazumi)		
10am	Deep Water Fitness (Denise)	Deep Water Fitness (Suvi)	Deep Water Fitness (Denise)	Deep Water Fitness (Suvi)		Cycle* (Hristina) BodyPump™ 10:05a (Tamara)	
10:30am	STRONG by Zumba®* (Lisa)	Senior Fitness (Marcia)		Senior Fitness (Marcia)	Senior Stretch* (Marcia)		
11am	Tai Chi For Health (Chock)		Zumba® (Lisa)	Tai Chi For Health* (Chock)		BodyFlow™ 11:10a (Lyndsey)	
12pm	CXWORX™ (Kazumi)	BodyPump™ Xpress (Kazumi)	POP Pilates (Deborah)	TRX Xpress (Suvi)	Fusion Fitness Xpress (Lisa)		
1pm							Beginner Tai Chi (Chock)
1:10pm							Zumba® (Melissa)
2:10pm			Beginner Tai Chi (Chock)				Cycle* (Hristina)
3:10pm							Yoga (Katy)
4pm	Core & More* (Suvi)						
4:30pm	Cardio Blast (Amanda)	Sculpt (Robert)	HIIT (Amanda)	Sculpt (Robert)			
5:30pm	Cycle* (Jay)	Bootcamp Xpress (Amanda)	Cycle* (Jay)	Bootcamp (Robert) Cycle* (Courtney A.)	HIIT (Rose)		
6pm	Zumba® (Lisa)		Zumba® (Melissa)			All classes are 55 minutes unless noted otherwise Xpress= 45 minute class * = Located in the cycling studio	
6:30pm		BodyFlow*™ (Lyndsey)		Yoga* (Katy)		\$ = Fee based class. See front desk for more information Pass Needed: Arrive early and pick your pass at the front desk.	
7pm	Barre* (Patti) BodyPump™ (Tamara)	Zumba® (Jennifer)	Barre* (Patti) BodyPump™ (Courtney A.)	Zumba® (Courtney F.)		Space is limited Water Fitness: Located in Aquatic Center. Must check in at the gate. Classes end on July 30th All annual passes include basic water and land fitness classes See back for descriptions.	



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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! Participants must check in at our front desk.	HIIT	High Intensity Interval Training will burn more fat, improve endurance and build strength with all bodyweight exercises. This training method includes low to moderate intensity intervals alternated with high intensity intervals.
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.	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. Space is limited to 19 participants.
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.	SCULPT	A total body strength training class that incorporates barbell training that will build muscle and reduce body fat.
BODYFLOW®	During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.	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.
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. Space is limited to 19 participants	SENIOR STRETCH	This class leads you through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.
BOOTCAMP	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.	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. Participants must check in at our front desk.
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.	STRONG by Zumba®	Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn.
CORE & MORE	Strengthen your core from every angle with sequences of both abdominal and back exercises	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.
CXWORX™	All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower 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	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. Space is limited to 19 participants.	THE BURN	Feel the BURN! Weight incorporated class working your whole body with full body moves.
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. Participants must check in at our front desk.	TONING	Resistance training involving dumbbells and body weight to help increase muscle strength and definition.
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.	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. Space is limited to 19 participants.
POP Pilates	The combination of total body Pilates exercises with the attitude of choreographed movements and the energy of music, results in an intense workout that is FUN and effective. Students will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched.	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!