



GROUP EXERCISE

Summer 2019



City of Moore
MOORE, OKLAHOMA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Bootcamp (Lindsey)	Cycle & Sculpt* (Marvel)	Bootcamp (Lindsey)	Cycle & Sculpt* (Marvel) Bootcamp (Joy)	BodyPump™ (Marvel)		
6:15am	The Burn (Sherri)	TRX (Joy) Sunrise Yoga* (Kathie)	The Burn (Sherri)	TRX (Joy) Sunrise Yoga* (Kathie)	Stretch & Roll* (Joy)		
9:00am						Bootcamp (Robert)	
9:30am	Toning (Sherri) Cycle* (Jay)	The Burn (Sherri) Yoga* (Jacie)	Bootcamp (Sherri & Carrie) Cycle* (Jay)	Toning (Sherri)	Ride & Stride* (Courtney) BodyPump™ (Kazumi)		
10:05 AM						Cycle* (Hristina) BodyPump™ (Tamara&Marvel)	
10:30am	Zumba Gold@* (10:45) Kazumi	Senior Fitness (Marcia)		Senior Fitness (Marcia)	Zumba Gold@ (Kazumi)		
11am	Tai Chi For Health (Chock)		Zumba@ (Jennifer)	Tai Chi For Health* (Chock)	Senior Stretch 11:30 am (Marcia)	BodyFlow™ 11:10a (Lyndsey)	
12pm	CXWORX™ (Kazumi)	BodyPump™ Xpress (Kazumi)	POP Pilates™ (Deborah)	TRX Xpress (Suvi)	Piloxing Knockout* 12:30-1:00 (Marvel)		
1pm							Tai Chi for Fitness & Strength* (Chock)
1:10pm							Zumba@ (Melissa)
2:10pm							Cycle & Sculpt* (Hristina)
3:10pm							Yoga (Katy)
4pm	Core & More* (Suvi)					<p>All classes are 55 minutes unless noted otherwise</p> <p>Xpress= 45 minute class</p> <p>* = Located in the cycling studio</p> <p>Pass Needed: Arrive early and pick your pass at the front desk. Space is limited</p> <p>See back for Descriptions</p>	
4:30pm	Cardio Blast (Amanda)	Sculpt (Robert)	HIIT (Amanda)	Sculpt (Robert)	Insanity (Carrie)		
5:30pm	Cycle* (Jay)	Bootcamp (Amanda)	Cycle* (Jay)	Bootcamp (Robert) Cycle* (Carolyn)			
6pm	Zumba@ (Natalia)		Zumba@ (Melissa)				
6:30pm		BodyFlow™* (Lyndsey)		Yoga* (Katy)			
7pm	Barre* (Brighton) BodyPump™ (Tamara)	Zumba@ (Jennifer)	Piloxing Barre* (Brighton) BodyPump™ (Courtney A.)	R.I.P.P.E.D (Jennifer)			

All annual passes include basic water and land fitness classes

Updated: 4.07.19