



# GROUP EXERCISE

## Spring 2019



City of Moore  
MOORE, OKLAHOMA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Bootcamp (Lindsey)	Cycle & Sculpt* (Stacia)	Bootcamp (Lindsey)	Cycle & Sculpt* (Stacia) Bootcamp (Joy)	BodyPump™ (Patti)		
6:15am		TRX (Joy) Sunrise Yoga* (Kathie)		TRX (Joy) Sunrise Yoga* (Kathie)	Stretch & Roll* (Joy)		
6:30am	The Burn (Sherri)		The Burn (Sherri)				
9:00am						Bootcamp (Robert)	
9:30am	Toning (Sherri) Cycle* (Jay)	The Burn (Sherri) Fusion Fitness* (Lisa)	Bootcamp (Sherri & Deborah) Cycle* (Jay)	Toning (Sherri)	Ride & Stride* (Courtney) BodyPump™ (Kazumi)		
10:05 AM						Cycle* (Hristina) BodyPump™ (Tamara&Marvel)	
10:30am	STRONG by Zumba®* (Lisa)	Senior Fitness (Marcia)		Senior Fitness (Marcia)	Zumba Gold® (Lisai)		
11am	Tai Chi For Health (Chock)		Zumba® (Lisa)	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)						
4:30pm	Cardio Blast (Amanda)	Sculpt (Robert)	HIIT (Amanda)	Sculpt (Robert)	Hiit (Vibeke)		
5:30pm	Cycle* (Jay)	Bootcamp (Amanda)	Cycle* (Jay)	Bootcamp (Robert) Cycle* (Carolyn)			
6pm	Zumba® (Natallia)		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 classes are 55 minutes unless noted otherwise  
 Xpress= 45 minute class  
 \* = Located in the cycling studio  
**Pass Needed:** Arrive early and pick your pass at the front desk. Space is limited  
 See back for Descriptions  
 All annual passes include basic water and land fitness classes  
 Updated: 1.14.19



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<b>BARRE</b>	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.	<b>RIDE &amp; STRIDE</b>	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. <b>Participants must obtain a pass with the front desk. Space is limited to 19 participants.</b>
<b>BODYFLOW®</b>	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.	<b>Roll &amp; Stretch</b>	Stretch and roll tired, sore muscles on a supportive foam roller. Slow, precise moves and guided breathing
<b>BODYPUMP™</b>	Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. 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! Participants must obtain a pass with the front desk. <b>Space is limited to 19 participants</b>	<b>SCULPT</b>	A total body strength training class that incorporates barbell training that will build muscle and reduce body fat.
<b>BOOTCAMP</b>	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.	<b>SENIOR FITNESS</b>	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.
<b>CARDIO BLAST</b>	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.	<b>SENIOR STRETCH</b>	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.
<b>CORE &amp; MORE</b>	Strengthen your core from every angle with sequences of both abdominal and back exercises	<b>STRONG by Zumba®</b>	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.
<b>CXWORX™</b>	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.	<b>TAI CHI FOR FITNESS &amp; STRENGTH</b>	A new enhanced form of exercise that combines the traditional Tai Chi forms and adds a new dimension with weighted hand balls. Traditional Tai Chi increases lower body core and large muscle strength, improves balance and coordination, as well as focus and concentration. Anyone looking to gain strength, balance and coordination, will benefit from this enhanced form of Tai Chi for Fitness and Strength practice.
<b>CYCLE</b>	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. <b>Participants must obtain a pass with the front desk. Space is limited to 19 participants.</b>	<b>TAI CHI FOR HEALTH</b>	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.
<b>FUSION FITNESS</b>	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.	<b>THE BURN</b>	Feel the BURN! Weight incorporated class working your whole body with full body moves.
<b>HIIT</b>	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.	<b>R.I.P.P.E.D</b>	to help everybody meet their ultimate fitness goals in a super fun group exercise environment.
<b>PILOXING® BARRE</b>	PILOXING Barre utilizes the same fundamental disciplines (Pilates & Boxing) as PILOXING SSP. In this game-changing program, PILOXING goes to the BARRE. Using a ballet barre for stability and resistance in this 45-minute cardio program, you lengthen, you strengthen and you box our heart out! Happy joints, strong muscles, healthy heart; that is PILOXING Barre!	<b>TONING</b>	Resistance training involving dumbbells and body weight to help increase muscle strength and definition.
<b>Piloxing Knockout</b>	PILOXING Knockout is a workout influenced by plyometrics, sports conditioning drills and functional training. Increase your fitness level, boost your confidence and strength, break boundaries and gain results.	<b>TRX®</b>	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. <b>Participants must obtain a pass with the front desk. Space is limited to 12 participants.</b>
<b>POP Pilates</b>	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.	<b>YOGA</b>	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.
		<b>ZUMBA®</b>	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!
		<b>ZUMBA Gold®</b>	Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.