



GROUP EXERCISE

January - April 2020



City of Moore
MOORE, OKLAHOMA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Bootcamp (Lindsey)	Cycle & Sculpt*	Bootcamp (Lindsey)	Cycle & Sculpt* Bootcamp (Joy)	BodyPump™ (Marvel)		
6:15am	The Burn (Sherri)	TRX (Joy)	The Burn (Sherri)	TRX (Joy)	Stretch & Roll* (Joy)		
9:00am						Bootcamp (Robert)	
9:30am	Toning (Sherri) Cycle* (Jay)	The Burn (Sherri) Yoga* (Jacie)	Toning (Sherri & Vibeke) Cycle* (Jay)	Cardio Blast (Sherri) Yoga* (Jacie)	Ride & Stride* (Jay) BodyPump™ (Kazumi)		
10:00am						Zumba Kids (Graciela)	
10:05am						Cycle* (Hristina) BodyPump™ (Tamara & Marvel)	
10:30am	Zumba Gold® (10:45) Kazumi	Senior Fitness (Marcia)		Senior Fitness (Marcia)	Zumba Gold® (Kazumi) Beginner's Senior Fit* (Marcia)		
11am	Tai Chi For Health* (Rocie)	Senior Fitness 11:30 am (Marcia)	Zumba® (Kazumi)	Tai Chi For Health* (Rocie)	Senior Stretch 11:30 am (Marcia)	BodyFlow™ 11:10a (Lyndsey)	
12pm	BodyPump™ (Kazumi)	CXWORX™* (Kazumi)	Yoga (Caitlin)	TRX Xpress (Suvi)	Barre* (Brighton)		
1:10pm							Zumba® (Melissa)
2:10pm							Cycle & Sculpt* (Hristina)
3:10pm							Yoga (Lydia)
4pm	Core & More* (Suvi)					<p>All classes are 45-55 minutes unless noted otherwise.</p> <p>Xpress= 30 mins</p> <p>* = Located in the cycling studio</p> <p>Pass Needed: Arrive early and pick your pass at the fitness desk. Space is limited</p> <p>See back for Descriptions</p> <p>Zumba Kids will be located in the Activity Room.</p> <p>All annual passes include basic water and land fitness classes Updated: 12.31.19</p>	
4:30pm	HIIT (Brighton)	Sculpt (Robert)	Tabata HIIT (Brighton)	Sculpt (Robert)			
5:30pm	Cycle* (Jay)	Bootcamp (Robert) Transform Live* (5:30-6:00) (Stacia)	Cycle* (Jay)	Bootcamp (Robert) Transform Live* (5:30-6:00) (Stacia)			
6pm	Zumba® (Natalia)		Zumba® (Melissa)				
6:30pm		BodyFlow™* (Lyndsey)		BodyFlow™* (Gloria)			
7pm	Cardio Blast* (Madison) BodyPump™ (Tamara)	Zumba® (Natalia)	Cardio Blast* (Marvel) BodyPump™ (Courtney A.)	Cardio Dance (Courtney F.)			



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BARRE	Ballet-based exercise training uses bodyweight exercises to strengthen, tone, and shape the body. The class will take place at a ballet barre and utilize light weight dumbbells, resistance bands, and stability balls. Barre is low intensity and low-impact, perfect for all levels of fitness and a guarantee of finding muscles that you never knew you had. *See also Piloxing Barre*	SCULPT	A total body strength training class that incorporates barbell training that will build muscle and reduce body fat.
BEGINNER SENIOR FITNESS	This classes combine fun and fitness! They are designed to increase endurance and strength which will assist in easier management of your functional daily routine. Beginners Senior Fitness will start at a pace that everyone can be comfortable with. Soon you will be joining other classes, feeling confident and ready to take on the schedule.	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.
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.	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.
BODYPUMP™	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 fitness desk. Space is limited to 19 participants	SETS & REPS	If you have ever been interested in strength training, muscular endurance, and lifting techniques, this is the class for you. This class will use dumbbells, barbells, kettlebells, and any other equipment needed to build muscular strength, endurance, and definition.
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.	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, kickboxing, circuit and full body weight moves. All moves incorporate fat-burning aerobic activity and resistance work with bands, hand weights, and other equipment.	TABATA HIIT	A HIIT style of class that helps boost metabolism, promotes healthy weight loss and muscle gain. Cardio intensive movements set to timer.
CARDIO DANCE PARTY	A choreographed class with high/low intensity dance routines. This class will feature party lighting with colorful lights.	THE BURN	Simply put: Feel the BURN! Weight incorporated class working your whole body with full body moves.
CORE & MORE	Strengthen your core from every angle with sequences of both abdominal and back exercises.	TONING	Resistance training involving dumbbells and body weight to help increase muscle strength and definition.
CXWORX™	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.	TRANSFORM LIVE	Using a step to ramp up your calorie burn, this 30-minute, music-driven, high-intensity cardio-conditioning class is designed specifically for the group fitness room.
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 fitness desk. 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 fitness desk. Space is limited to 9 participants.
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. Cardio intensive with some strength exercises.	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.
PILOXING® BARRE	Using a ballet barre for stability and resistance in this 45-minute cardio program, you lengthen, you strengthen and you box your heart out! Happy joints, strong muscles, healthy heart; that is PILOXING Barre!	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!
PILOXING® KNOCKOUT	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.	ZUMBA Gold®	Active older adults who are looking for a modified Zumba® class that recreates the 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.
ROLL & STRETCH	Stretch and roll tired, sore muscles on a supportive foam roller. Slow, precise moves and guided breathing produce relaxation and greater range of motion.	ZUMBA KIDS®	Perfect for our younger Zumba® fans! Kids 7+ years old get the chance to be active and jam out to their favorite music. Zumba Kids helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.