



# GROUP EXERCISE

## Fall



City of Moore  
MOORE, OKLAHOMA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	Boot Camp (Courtney)	Cycle* (Courtney)	Boot Camp (Courtney)	Boot Camp (Courtney) Cycle* (Patti)	BodyPump™ (Patti)		
7:00am							
8:00am							
8:10am						Barefoot Buns (Jenna)	
8:45am	Cycle* (Sherri K.)		Cycle* (Sherri K.)				
9:00am						Boot Camp (Robert) SlimCycle* (Jenna)	
9:30am	Toning (Sherri K.)	The Burn (Sherri K.) Yoga* (Susan)	Toning (Sherri K.)	Cardio Blast (Sherri K.) Yoga* (Sherri E.)	BodyPump™ (Kazumi) Cycle* (Sherri K.)		
10:00am						BodyPump™ 10:05a (Tamara/Irma)	
10:30am		Senior Fitness (Ryuko)		Senior Fitness (Ryuko)	Zumba Gold® (Kazumi)		
11:00am	Zumba Gold® (Kazumi)					BodyBalance (Gloria/Irma)	
11:30am		Yoga Express + Core (Kazumi)	Zumba® (Kazumi)				
12:00pm	BodyPump™ (Kazumi)			TRX Express (Suvi)			
3:00pm							
3:30pm							
4pm	Core & More* (Suvi)						
4:30pm	HIIT (Courtney)	Sculpt (Robert)	HIIT (Courtney)	Sculpt (Robert)			
5:30pm	Cycle* (Courtney)	Boot Camp (Robert)	Twilight Yoga 5:45p (Irma) Cycle* (Hristina/Danna)	Boot Camp (Robert)		<b>Childwatch (6m-6y)/Kid's Club (7y-12y) available downstairs</b> <b>Childwatch: M-F 8a-1p and 4p-8p/Sat 9a-3p/Sun-Closed</b> <b>Kid's Club (Varies by day) M-F 4p-8p/Sat 9a-3p</b> <b>Twilight Yoga begins at 5:45 p.m. every Wednesday evening</b> *Weekday Yoga/Body Balance location subject to change	
6pm	Zumba® (Natalia)			BodyBalance* (Courtney)			
6:30pm		Zumba® (Natalia) BodyBalance* (Gloria)					
7:00pm	BodyPump™ (Irma/Courtney)		BodyPump™ (Courtney)	Cardio Dance Party (Courtney)		* Located in Group Fitness Studio #2	
7:30pm		TRX (Destiny)				Zumba Kids every Saturday at 10:00 a.m. in the Activity Room.	



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<b>BARRE</b>	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.	<b>SCULPT</b>	A total body strength training class that incorporates barbell training that will build muscle and reduce body fat.
<b>SENIOR FITNESS</b>	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. 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.	<b>ADVANCED 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. Advanced Senior Fitness expands on Senior Fitness using more advanced moves.
<b>BODYBALANCE™</b>	During BODYBALANCE 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>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>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!	<b>YOGA EXPRESS + CORE</b>	Yoga Express + Core incorporates energetic movement through a series of yoga postures to benefit any level of fitness. Strengthen your core, work on your balance, and open your heart in this creative yoga sequence.
<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>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>CARDIO BLAST</b>	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.	<b>TABATA HIIT</b>	A HIIT style of class that helps boost metabolism, promotes healthy weight loss and muscle gain. Cardio intensive movements set to timer.
<b>CARDIO DANCE PARTY</b>	A choreographed class with high/low intensity dance routines. This class will feature party lighting with colorful lights.	<b>THE BURN</b>	Simply put: Feel the BURN! Weight incorporated class working your whole body with full body moves.
<b>CORE &amp; MORE</b>	Strengthen your core from every angle with sequences of both abdominal and back exercises.	<b>TONING</b>	Resistance training involving dumbbells and body weight to help increase muscle strength and definition.
<b>CORE™</b>	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>TWILIGHT YOGA</b>	Learn how to progress through a variety of slow flow Yoga movements to promote strength and balance. Twilight Yoga also provides great restorative meditation techniques for stress relief.
<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>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>HIIT</b>	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.	<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>BAREFOOT BUNS</b>	Barefoot Buns utilizes high-energy, cardiovascular moves that focus on the mind-body practice. A foot-fitness conditioning program that athletes need. This workout is as philosophical as it is physical; a full-body functional workout meets yoga and sculpt.	<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>STRETCH &amp; RESTORE</b>	A class dedicated to restorative movement and stretching promoting relaxation while focusing on greater range of motion, flexibility, and balance. This class is performed barefoot, in low light, flowing through exercises standing and on the floor.	<b>ZUMBA Gold®</b>	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.
<b>SLIMCYCLE</b>	Ride in candlelight for this total body workout that incorporates small hand weights and fat burning intervals that will challenge, change and reshape your mind and body.	<b>ZUMBA KIDS®</b>	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.