

healthylivingokc.com 405-773-6910
11501 N. Rockwell Ave., Oklahoma City, OK 73162

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	**INTERVAL CIRCUIT Patti		**INTERVAL CIRCUIT Patti		**Spin & Tone Patti	
8:00 AM	**MAT PILATES Patti		**MAT PILATES Patti		**MAT PILATES Nikki	
9:00 AM	**MUSCLE MIX-GYM Irene	**ZUMBA Laura/Madhu	**MUSCLE MIX Irene	**ZUMBA Laura/Madhu	*CHAIR FITNESS COMBO - GYM Dee Ann	**ZUMBA Kelly
9:00 AM	*FITNESS FIRST 101 Dee Ann		*CHAIR FITNESS COMBO - GYM Dee Ann		**KICKBOXING Irene	
9:45 AM	*THE BEAT- 30 MIN Irene				*THE BEAT-30-MIN Irene	
10:00 AM	*CHAIR YOGA-GYM Dee Ann		**MIDLEVEL YOGA Irene		*STRETCH/RESTORE -GYM Dee Ann	**MIDLEVEL YOGA Irene
10:00 AM			*CHAIR YOGA-Gym/Dee Ann			
10:15 AM	*BEGINNING TAI CHI Irene - 30 min	***HIGH LEVEL YOGA SCULPT Nikki		***HIGH LEVEL YOGA SCULPT Terri	*BEGINNING TAI CHI Irene - 30 min	
11:15 AM	***ADVANCED TAI CHI Larry	**STEP Patti	***ADVANCED TAI CHI Larry	**INTERVAL CIRCUIT Terri	***ADVANCED TAI CHI Larry	*SPIN 101 Patti - 30 min
12:00 PM						*STEP 101 Patti-30 min
12:30 PM	*HEALTHY BACK & CORE Nikki	GOLDEN SWANS (Private Class)	*HEALTHY BACK & CORE Nikki			
4:00 PM		*TAI CHI BALANCE Carole	*CHAIR YOGA Darendia	*TAI CHI BALANCE Carole		
5:00 PM	*THE BEAT- 30 MIN Kelly	*EASY YOGA - 30 MIN Monica	*THE BEAT- 30 MIN Kelly	*EASY YOGA - 30 MIN Monica	* BEGINNER LEVEL ** INTERMEDIATE LEVEL *** ADVANCED LEVEL	
5:30 PM	**INTERVAL CIRCUIT Kelly	***YOGA FLOW Monica	**INTERVAL CIRCUIT Kelly	***YOGA FLOW Monica		
6:30 PM	***ZUMBA Kelly		***ZUMBA Kelly			

POOL CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		AQUATIC ATHLETICS-Susan		AQUATIC ATHLETICS-Susan		
9:00 AM		AQUA ENERGY-Betty		AQUA ZUMBA - Keeley	AQUA ENERGY-Betty	AQUA ZUMBA-Keeley
10:15 AM		AQUA ENERGY-Betty		AQUA TABATA- Dee Ann		
4:00 PM	POWER AQUA-Vanessa		AQUA ZUMBA-Keeley			
5:30 PM		AQUATIC ATHLETICS-Susan		AQUATIC ATHLETICS-Susan		
6:30 PM		MIX-IT-UP AQUATICS-Susan		MIX-IT-UP AQUATICS-Susan		