

Monday	Tuesday	Wednesday	Thursday	Friday
	6:00-6:30 a.m. H.I.I.T. REMIX (9 <sup>th</sup> Floor) Â		6:00-6:30 a.m. H.I.I.T. REMIX (9 <sup>th</sup> Floor) §	
	8:45-9:30 a.m. POWER OF PILATES §		8:45-9:30 a.m. POWER OF PILATES §	
9:30-10:15 a.m. <b>CRUSH! CYCLE</b> Â		9:30-10:15 a.m. <b>PRIMAL SURGE</b> §		9:30-10:15 a.m. <b>CRUSH!</b> Â
	10:15-11:00 a.m. SilverSneakers® CLASSIC		10:15-11:00 a.m. SilverSneakers® CLASSIC	
11:45-12:30 p.m. BETTER BREATHERS §		11:45-12:30 p.m. BETTER BREATHERS Â		11:45-12:30 p.m. BETTER BREATHERS §
5:30-6:15 p.m. <b>Strike-Fit</b> Â	5:30-6:15 p.m. <b>PRIMAL SURGE</b> §	5:30-6:15 p.m. <b>CRUSH!</b> Â	5:30-6:15 p.m. <b>CORE REVIVAL</b> §	

**Classes are held in the lower level group exercise studio unless otherwise noted.**

Â=Aerobic focus      §=Strength focus      All classes are coed.

Wellness Connection instructors: Jason Hall, Dawn Lundwall, Dax McCauley and Jason Zielenski.

Comments and suggestions are always welcome. Please contact the Wellness Connection at 918-331-1102.

## GROUP EXERCISE CLASS DESCRIPTIONS

### **BETTER BREATHERS**

Designed for people living with asthma, COPD, and other respiratory concerns, this class will help with activities of daily living. As a light-intensity, functional class, this group would also be suitable for those looking to become more active while incorporating activities and exercises to improve their mobility, strength, balance, and flexibility.

### **CORE REVIVAL**

Revitalize your core with this refreshing approach to developing core strength and power! In this 45-minute class you will get rid of those boring, traditional crunches and learn new exciting methods to stimulate your core! Using a variety of equipment and training techniques, this class will help you develop the strength and stability your body needs in order to perform at optimal levels! Some matwork will be involved, but with progressions and regressions implemented easily, this class delivers on both fun and function!

### **CRUSH!**

Are you getting bored doing the same cardio routine over and over? Then look no further because a cardio rush is just what you need to spice up your routine! Great for anyone, in this 45-min class YOU are the resistance and the circuit format provides the intensity! It's the perfect combination to help you venture out of the boring and into the exciting while taking your fitness level to new heights! **CRUSH Cycle** is a branch of CRUSH in which the bike will take you on a journey through a circuit of hills, mountains, mixed terrains, flats and more! Not only great for your aerobic health, CRUSH Cycle will power up your legs and incinerate calories!

### **H.I.I.T. REMIX**

For our early morning exercise enthusiasts, here's one for YOU! HIIT Remix is a great way to bump up your cardio and strength training workouts! Tuesdays you will primarily use your bodyweight to perform exercises, alternating short, high intensity work intervals with long, slower intervals to recover while the overall workout ramps up your aerobic fitness! Thursdays, the intensity and format remains the same, but the focus shifts to gaining strength through the use of various resistance equipment including barbells, dumbbells, and more! This class offers everything you need in a workout all in 30 minutes!

### **POWER OF PILATES**

A class designed to improve strength, flexibility, posture, balance and coordination. The Pilates system of exercises emphasizes control, alignment and breathing to strengthen the "powerhouse" - consisting of the abdominals, lower back muscles, and hips. Exercises are gentle on the body, yet surprisingly challenging. Class is mostly conducted on a mat on the floor. Come experience the power of Pilates!

### **PRIMAL SURGE**

Pulverize plateaus by combining traditional strength movements and equipment with the new age era of high-intensity training! Utilizing bars and dumbbells, this 45-min class will have your muscles pumping, heart pounding, and provide you with a core workout you've never experienced before! Easily modified, this class is perfect for anyone looking to enhance their strength, shred their core, and get back to our primal roots!

### **SILVERSNEAKERS® CLASSIC**

A class designed to increase strength, range of movement, agility, balance, and coordination and to improve participants' functional capacities, physical fitness level, and sense of well-being. Options to sit and stand throughout class, using the resistance band, hand weights, and ball to make this an all-around favorite.

### **STRIKE-FIT**

Get ready to BURN some calories in this 45-min fast-paced, up-tempo, **kickboxing class**! Not only a great fat burner, this class will take your fitness to the next level by combining short duration, high-intensity work bouts and longer duration, low to moderate-intensity recovery periods. Through the use of boxing bags and other equipment, this class is for anyone looking to get ready for some fun in the sun while kicking and punching your way to a new, improved you!