



# FITNESS CLASSES

Total Health  
1810 N. Perkins Rd  
Stillwater  
(405) 533-4348



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Early Step Aerobics		Early Step Aerobics		Early Step Aerobics	CLOSED
7:00 AM	Healthy Back		Healthy Back		Healthy Back	
8:00 AM	Osteolates		Osteolates		Osteolates	
9:00 AM	Young at Heart		Young at Heart		Young at Heart	
9:00 AM	Weight Training	Weight Training	Weight Training	Weight Training	Weight Training	
9:15 AM						Zumba
10:00 AM	Zumba		Zumba		Zumba	(1.5 hours)
11:00 AM		Sit-n-Fit		Sit-n-Fit		
12:00 PM	X-Fit		X-Fit		X-Fit	
12:15 PM		Pilates		Pilates		
3:15 PM	Chair Yoga		Chair Yoga		Chair Yoga	
4:30 PM	Yoga		Yoga		Yoga	
5:00 PM		Ab Blasters		Ab Blasters		
5:30 PM	Cycling	Pilates	Cycling	Pilates	Cycling	CLOSED
5:30 PM	Boot Camp		Boot Camp		Boot Camp	
5:30 PM	Zumba					
6:30 PM		Total Sculpt		Total Sculpt		

## CLASSES

### Weight Training

This class will help you learn how to use the Life Fitness strength training machines

### Young at Heart

Low impact aerobic workout that has fun doing cardio, strengthening & stretching.

### Healthy Back

A variety of stretching, bands, and exercises to promote a healthy back, balance, and flexibility.

### Zumba

High energy, latin dance.

### Boot Camp

If you need a kick start and some extra motivation, this class is for you.

### Osteolates

A version of Pilates that keeps bone and joint issues in mind.

### Sit-n-Fit

A workout for those who need to sit and exercise.

### X-Fit

Strength and conditioning routines for the committed individual to improve your strength, endurance, and performance

### Total Sculpt

Toning and conditioning with weights. Shape up and lose body fat.

### Chair Yoga

Adaptive Yoga for those that need to modify certain positions.

