

# 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	
9:30 AM		Balls, Bands, & Bars		Balls, Bands, & Bars		Zumba 9:15
10:00 AM	Zumba		Zumba		Zumba	(1.5 hours)
11:00 AM		Sit-n-Fit		Sit-n-Fit		
12:15 PM	X-Fit	Pilates	X-Fit	Pilates	X-Fit	
3:15 PM	Chair Yoga		Chair Yoga		Chair Yoga	
4:30 PM	Yoga		Yoga		Yoga	
5:00 PM		Ab Blasters		Ab Blasters		CLOSED
5:30 PM	Cycling	Pilates	Cycling	Pilates	Cycling	
5:30 PM	Boot Camp		Boot Camp		Boot Camp	
5:30 PM	Zumba					
6:30 PM		50/50		50/50		

## 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.

### 50/50

50% cycling

50% free weights

Just the right mix to cover both components

### Balls, Bands, & Bars

A total body work out using weight bars, theraband, and fitness balls.

### Chair Yoga

Adaptive Yoga for those that need to modify certain positions.

### X-FIT

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

