



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	Total Sculpt -Jan 12th	Yoga	Total Sculpt - Jan 12th	Yoga	
5:30 PM	Cycling	Pilates	Cycling	Pilates	Cycling	CLOSED
5:30 PM	Boot Camp		Boot Camp		Boot Camp	
5:30 PM	Zumba					
			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.

