



GROUP FITNESS CLASS SCHEDULE

Commit to getting fit!

Let us help you reach your wellness goals.

Monday	Tuesday	Wednesday	Thursday	Friday
Workout of the Day (self-paced) 5:45-6:30 a.m. * <small>*available throughout the day</small> Silver Sneakers 10-11 a.m. Kickboxing 12-12:30 p.m.	Growing Stronger 10-10:45 a.m. Beginner Strength 12-12:30 p.m.	Silver Sneakers 10-11 a.m. Yoga Strength 12-12:30 p.m.	Bootcamp 5:45-6:30 a.m. Growing Stronger 10-10:45 a.m. LIT - Low Intensity Training 12-12:30 p.m.	Chair Yoga 10-11 a.m. Gentle Yoga 11:30 a.m.-noon Gentle Yoga 12-12:30 p.m.

Facilities

- Weightlifting
- Cardio area
- Group fitness
- Lockers/showers

Punch cards are available to purchase for group fitness classes if you don't have a membership.

For more information, please contact the Hillcrest Fitness Center at 918-579-4900.

hillcrest