



GROUP FITNESS CLASS SCHEDULE

Commit to getting fit!

Let us help you reach your wellness goals.

Monday	Tuesday	Wednesday	Thursday	Friday
Bootcamp 5:45-6:30 a.m. Silver Sneakers 10-11 a.m. Kickboxing 12-12:30 p.m.	Yoga 12-12:30 p.m.	Silver Sneakers 10-11 a.m. Beginning Strength 12-12:30 p.m.	Bootcamp 5:45-6:30 a.m.	Silver Sneakers 10-11 a.m. Yoga 12-12:30 p.m. Yoga 12:30-1 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 918-579-3444.



The Weight Loss & Wellness Center

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