

STUDIO A SCHEDULE for Winter

Studio A on 2nd Floor Fitness Center

* ALL CLASSES ARE 1 HOUR UNLESS OTHERWISE NOTED

Updated 2-6-2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM	RPM Martha	BODYPUMP Cindy		BODYPUMP Adriane	RPM Cindy		
8:00 AM						RPM (30 min)	
8:30 AM						BODYPUMP	
9:00 AM	RPM Adriane	BODYPUMP Brooke	BODYSTEP Adriane	BODYPUMP Jen	BODYSTEP Adriane		
9:30 AM						RPM (30 min)	
10:05 AM	BODYPUMP Adriane	R.I.P.P.E.D. Demo Adriane	BODYPUMP Brooke	RPM Brooke	BODYPUMP Brooke	BODYPUMP	
11:05 AM						ZUMBA** Tanjie	
3:00 PM							BODYSTEP
4:30 PM	BODYPUMP Sara	RPM (45 min) Martha	BODYPUMP Jen	RPM (45 min) Rhonda			
5:15 PM		RPM (45 min) Karen					
5:25 PM				ABS BLAST Rhonda/Jen			
5:45 PM	BODYPUMP Mahala		BODYPUMP Sara	RPM Jen			
6:00 PM		RPM (45 min) Sara					
7:00 PM	ZUMBA** Tanjie						

** ZUMBA is a fee classe. Members \$5 or 10 for \$40 Non-Members \$10

Group Fitness Class Descriptions

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step, you get huge motivation from sing-a-long music and approachable instructors.

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within - sweat and burn to reach your endorphin high.

ZUMBA Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance-fitness party that is moving millions of people toward joy and health.

FITNESS HOURS

MONDAY - FRIDAY: 5AM - 10 PM

SATURDAY: 8 AM - 8 PM

SUNDAY: 10 AM - 10 PM

KIDZ KLUB HOURS

MONDAY - THURSDAY: 8:30 AM - 2 PM, 4 PM - 8 PM

FRIDAY: 8:30 AM - 2 PM

SATURDAY: 8 AM - 2 PM

SUNDAY: CLOSED

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