



2223 North Main
 Miami, Oklahoma 74354
 918-542-6641
 918-542-6715 (fax)

Class	Length	Fee	Schedule	Instructor
Step Class (high intensity) combines energizing step cardio with a toning emphasis each day on a specific area of the body	60 min	included	5:30 p.m. Monday, Tuesday, Wednesday, Thursday	T. Woods
Aerobics (high intensity) Start each day with a cardio workout and toning exercises.	60 min	included	5:15 a.m. Monday, Wednesday	S. Trussler
Aerobics (low impact) Keep joint stress to a minimum while getting the maximum benefit of low impact aerobics plus a full array of toning exercises.	60 min	included	9:00 a.m. Tuesday, Thursday	J. Cavin
Kenpo Karate The objectives are to learn self-defense techniques, develop balance, improve coordination, enhance body awareness, promote flexibility, increase strength and endurance, and build up lean body mass.	60 min	Private Lesson w/ Group Classes: members \$15/wk nonmembers \$20/wk	7-8:00 p.m. Tuesday, Thursday 12-1 p.m. Saturday	J. Neff
Yoga is a perfect compliment for all sports and physical activities. This class will help improve levels of body awareness and it is a wonderful class for those seeking discipline in their fitness regimen.	60 min	included	5:45 a.m. Tuesday Thursday	K. Bates
Pilates applies precision movements that will encourage muscle conditioning and lengthening to increase and maintain range of motion and flexibility.	60 min	included	6:30 p.m. Monday, Tuesday, Thursday	M. McElhany
Hard Bodies is designed to improve your core torso strength. Strengthening abdominals and lower back to help develop control and precision of movement and enhance athletic performance.	30 min	included	12:15 p.m. Tuesday, Thursday	S. Lawson
Tumbling (beginning) Beginner's will learn body parts, stretching, balance, basic movements, handstands, front/back roll, cartwheel, round-off, and front/back walkover	60 min	\$20/month	TBA	J. Brassfield
Tumbling (intermediate) Review basics, learn back handspring, begin putting skills together for advance power tumbling	60 min	\$20/month	TBA	J. Brassfield