



Choctaw Nation

Wellness Center

GROUP CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:10-7:00 AM			KETTLEBELL FIT (Tashona Burcham)		
6:15-7:00 AM	KICKBOXING (Ty Jackson)	CORE N MORE (Sandra Jackson)	KICKBOXING (Ty Jackson)	CORE N MORE (Sandra Jackson)	MMA CONDITIONING (Ty Jackson)
9:45-10:30 AM		SILVER SNEAKERS (Sandra Jackson)		SILVER SNEAKERS (Sandra Jackson)	
10:00-11:00 AM	JAZZERCISE LO (Lisa Cannon)		JAZZERCISE LO (Lisa Cannon)		JAZZERCISE LO (Lisa Cannon)
10:30-11:30 AM		SENIOR VOLLEYBALL (Dan Trujillo)		SENIOR VOLLEYBALL (Dan Trujillo)	
10:45-11:30 AM		ON THE BALL (Kelli Toms)		YOGA BASICS (Kelli Toms)	
11:10-12:00 PM	RECOVER & REALIGN (Kelli Toms)		RECOVER & REALIGN (Kelli Toms)		
12:05-12:45 PM	CORE N MORE (Sandra Jackson)	RIDE N ROW (Sandra Jackson)	CORE N MORE (Sandra Jackson)	RIDE N ROW (Sandra Jackson)	AMRAP (Jordan Benson)
4:00-5:00 PM		BODY CAMP (Tammy Ezell)		BODY CAMP (Tammy Ezell)	
5:10-6:00 PM	BODY CAMP (Tammy Ezell)	KETTLEBELL FIT (Michaela Wiyninger)	XTREME HIP HOP WITH KATHRYN	HIIT (Michaela Wiyninger)	
	YOGA (Melissa Landers)	XTREME HIP HOP WITH KATHRYN	YOGA (Melissa Landers)		
5:15-6:00 PM	RIDE N ROW (Krista Henson)	RIDE N ROW (Sandra Jackson)	RIDE N ROW (Krista Henson)	RIDE N ROW (Krista Henson)	
6:10-7:10 PM	BOXING (Dustin Bowles)		BARRE FIT (Samantha Brown)	BOXING (Dustin Bowles)	
		ZUMBA PARTY (Kathryn Jernigan)		ZUMBA PARTY (Kathryn Jernigan)	
6:15-7:00 PM	BARRE FIT (Samantha Brown)				
7:15-9:00 PM	TAEKWONDO (Amy Hervey)			TAEKWONDO (Amy Hervey)	

COLOR KEY	STUDIO 1	STUDIO 2	STUDIO 3 & 4	CYCLE STUDIO	FUNCTIONAL FLOOR	BASKETBALL COURT
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Classes and instructors are subject to change without notice



AMRAP – A high intensity, explosive training session that will engage the core by incorporating strength, power, and cardiovascular training. Complete AMRAP (As Many Rounds As Possible.) Burn calories, gain muscles, and have fun!!

BARRE FIT - Inspired by ballet, pilates, and yoga, Barre Fit will tone your entire body! This low-impact class uses a variety of equipment and focuses on proper body alignment.

BODY CAMP - Stations, interval training, and/or weight training. Whatever the instructor has planned will challenge your cardio and strength. Appropriate for all fitness levels!

BOXING –a beginner/intermediate boxing class that helps burn calories by developing speed, endurance, and hand eye coordination, all while learning the sport of Boxing. Learn punching technique and combinations then end class with a high intensity boxing workout!

CORE 'N' MORE - This short explosive workout provides full body strength training with a strong focus on the core. Appropriate for all fitness levels.

CYCLE & SCULPT - A combination of cardio and strength training. Ride for 15 minutes and get off the bike for 10 minutes of body sculpting. Repeat one more time for a calorie torching 50 minute workout! Appropriate for all fitness levels.

HIIT - High Intensity Interval Training is sure to get you fit fast! Give it all you got for an intense burst of exercise, followed by a recovery period which will get you ready to go hard again!

JAZZERCISE LO - An original dance fitness class that offers a fusion of dance moves all performed to the latest music! Improve your cardio, endurance, strength, and flexibility while having fun! Appropriate for all fitness levels!

KETTLEBELL FIT - One piece of equipment is all you need! Come see how you can use only a kettlebell for a full body workout!

KICK BOXING BASICS/MMA CONDITIONING - Develop your timing, balance, co-ordination, power, speed, agility, and flexibility. Start with jump rope and move into some punching and kicking combos with the use of gloves and pads. Finish up with some good core conditioning. Be ready to have some fun!

ON THE BALL – Strengthen your body and improve balance on a stability ball or BOSU ball! This is a low impact, total body workout emphasizing the core muscles! Appropriate for all fitness levels!

PILATES – This class will focus on precise movements that will develop core strength, flexibility, balance, and stamina. Appropriate for all fitness levels.

RECOVER & REALIGN - Train hard, rest hard. Give your muscles some TLC and leave this class feeling loose & refreshed! We'll work to obtain good posture which can help reduce pain & increase function. Addressing these muscle imbalances can take your training to the next level or help make activities of daily living less painful!

RIDE N ROW - A high energy, low impact workout which incorporates indoor cycling (spinning) and rowing to wherever the high energy music may take you! Go at your own pace!

SILVER SNEAKERS - Experience a variety of exercises designed to improve muscular strength, range of motion, and the activities of daily living. You'll use hand held weights, elastic tubing, and a soft ball for each workout. A chair is always available if needed.

TAEKWONDO - Here you will learn training and technique for unarmed self-defense. It involves the skilled application of punches, kicks, blocks, and dodges. No gear necessary, must be age 10 or older.

XTREME HIP HOP WITH KATHRYN – A revamp of traditional step aerobics with routines set to old and new school hip hop. It makes you want to get up and move while getting a great calorie burn!

YOGA - Experience a variety of poses that increase your strength, balance, and flexibility. Great for relieving stress after a long day! Appropriate for all fitness levels!

YOGA BASICS – This slow-paced Yoga class is perfect for a beginner to learn the correct alignment and progressions of each pose. Come improve your balance, strength, and flexibility!

ZUMBA PARTY - A dance based fitness program that involves dance and aerobic elements. This class incorporates salsa, samba, hip-hop, mambo and other dance styles all set to a Latin rhythm. The class is fun, so come join the party!