



# Choctaw Nation

Wellness Center

# GROUP CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-6:00 AM	CrossFit (Shancie Courtney)	CrossFit (Shancie Courtney)	CrossFit (Shancie Courtney)	CrossFit (Shancie Courtney)	CrossFit (Shancie Courtney)
6:00-7:00 AM	CrossFit (Shancie Courtney)	CrossFit (Shancie Courtney)	CrossFit (Shancie Courtney)	CrossFit (Shancie Courtney)	CrossFit (Shancie Courtney)
7:00-7:30 AM		Yoga Shancie Courtney		Yoga Shancie Courtney	Yoga Shancie Courtney
10:00-11:00 AM		Senior Fitness (Shancie Courtney)		Senior Fitness (Shancie Courtney)	
11:00AM-12:00PM		Volleyball/Cornhole Julianna Davis		Volleyball/Cornhole Julianna Davis	
4:30-5:30 PM	Fitness Class (Kali Morrison)	Fitness Class (Kali Morrison)	Fitness Class (Kali Morrison)	Fitness Class (Kali Morrison)	
5:30-6:30 PM	CrossFit (Kali Morrison)	CrossFit (Kali Morrison)	CrossFit (Kali Morrison)	CrossFit (Kali Morrison)	CrossFit (Julianna Davis)

## Atoka Wellness Center

### Facility Supervisor: Tanya Bess

If you have any questions, please contact us at  
580-889-4005

### Hours

**Monday-Friday: 5AM-9PM**  
**Saturday: 8AM-2PM**