

## Group Fitness Class & Personal Training Schedule



1001 E Strother Ave  
Seminole, OK 74868  
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### -DECEMBER 2018-

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ST = Studio WR = Weight Rm UP = Upstairs MR = Mtg Rooms ABC						
	<b>6:00-6:45am</b> <b>STRENGTH &amp; CONDITIONING</b> Kaisen (WR)	<b>6:00-6:45am</b> <b>STRENGTH &amp; CONDITIONING</b> Kaisen (WR)	<b>6:00-6:45am</b> <b>STRENGTH &amp; CONDITIONING</b> Kaisen (WR)	<b>6:00-6:45am</b> <b>STRENGTH &amp; CONDITIONING</b> Kaisen (WR)	<b>6:00-6:45am</b> <b>STRENGTH &amp; CONDITIONING</b> Kaisen (WR)	
	STUDIO CLOSED (SHS POM) 7:30-9:00	<b>8:15-9:00am</b> <b>VIDEO YOGA</b>	STUDIO CLOSED (SHS POM) 7:30-9:00	<b>8:15-9:00am</b> <b>VIDEO YOGA</b>		
						<b>10:00-10:55am</b> <b>ZUMBA</b> Karina (Gym)
↑↑ MORNING ↑↑  ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑  <b>12:00p-12:45p</b> <b>ZUMBA WITH SHARON</b>  ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑  ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑  <b>12:00p-12:45p</b> <b>ZUMBA WITH SHARON</b>  ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑  ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑  ↓↓ EVENING ↓↓	↑↑ MORNING ↑↑  ↓↓ EVENING ↓↓
		<b>5:30-6:30pm</b> <b>VIDEO YOGA</b>	<b>5:30 PM</b> <b>Tai Chi</b> Melissa (ST)	<b>5:30-6:30pm</b> <b>VIDEO YOGA</b>		
	<b>6:00-7:00pm</b> <b>R.I.P.P.E.D.</b> Lisa (MR/ST)	<b>6:00-7:00pm</b> <b>R.I.P.P.E.D.</b> Lisa (MR/ST)  <b>6:00-7:00pm</b> <b>STRENGTH TRAINING AT YOUR LEVEL</b> Charlotte (WR)	<b>6:00-7:00pm</b> <b>R.I.P.P.E.D.</b> Lisa (MR/ST)			
	<b>7:00-7:55pm</b> <b>ZUMBA</b> Karina (MR/Gym)			<b>7:00-7:55pm</b> <b>ZUMBA</b> Karina (MR/Gym)		

Please follow us on Facebook for Class Cancellations/Changes at [www.facebook.com/rwcseminole](http://www.facebook.com/rwcseminole)

(Schedule updated as of November 30, 2018)

Schedule is subject to change without notice and based upon class participation.

Regular Group Fitness Classes FREE with Membership, \$4/Class without Membership.

Child Watch available Mon-Fri 8-10am & 4-8pm. \$1 for 1 hr, \$2 for 1.5 hr (max time allowed) -

**NO NOON ZUMBA DECEMBER 3 OR 5**

**NO ZUMBA DECEMBER 8**

Contact the Front Desk for further info/details.

Contact Melissa Mitchell at 405-257-7383 to pre-register Tai Chi