



\$10 class drop-in fee or 8 class punch card for \$40.  
Punch cards are a great value. Making the price \$5 per class.  
Expires 8 weeks after purchase.

Personal Training or Private Lessons \$35/hr or 4/\$100.

918.519.4347  
21 E. 2nd St., Sand Springs, OK 74063

**Zumba® Fitness - Perfect For Everybody and every body!** Each Zumba® class is designed to bring people together to sweat it on. **How It Works -** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. **Benefits -** A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Zumba® Sentao -** The Zumba Sentao™ workout takes the fitness party and partners it with explosive, chair-based choreography to strengthen, balance, and stabilize your core, and step up your cardio workout in a whole new way. This is a great option for first-time Zumba students, because the program combines dance and fitness with traditional moves like squats, lunges, and crunches.

**Zumba® in the Circuit -** Maximize your workout while still having a total blast. Zumba in the Circuit is 45 minutes of high-octane, dance-fitness moves combined with circuit training, a series of strength exercises at timed intervals. Get the metabolism-boosting, strength-building benefits of circuit training while perfecting Zumba moves—all in the same class! Guaranteed to blast calories and thwart boredom, Zumba in the Circuit moves students from one exercise station to the next to the thumping beats of reggaeton, salsa, merengue, hip-hop and more. This efficient class can be adapted for all fitness levels.

**SWEAT -** We will focus on core muscles and building that booty! A workout that fuses body sculpting techniques with cardio and strength training. Classes consist of fitness training using body weight and fitness tools with deep stretching.

**BootCamp -** Get that bubble booty in no time. This class is set to booty pop music. Sure to get you snappin' that booty back. We will focus on core muscles and building that booty! A workout that fuses body sculpting techniques with dance and circuits of plyometrics and conditioning. Classes consist of strength training using body weight and fitness tools with deep stretching, booty shaking and cardio.

**Yoga -** Stress free approach to yoga. With emphasis on relaxation, balance, core stabilizing, posture and flexibility. Leave with a feeling of calmness through deep stretching, lengthening of the spine, meditation and improved zest for life.

**Belly Dance Basics -** Belly Dance Basics. Beginner choreography. Simple rhythms using finger cymbals. Learn beautiful, elegant veil techniques. All while working the abdominals in disguise.

**Belly Dance Advanced -** Intermediate Belly Dance. Advanced Choreography. Drills & Skills. Beginner Improvisational dance. Stage Presence. Advanced rhythms and belly dance props.

**Flirty Fit -** Dance moves that use your own body weight to create targeted muscle-toning resistance. You'll strengthen and tone your core, slim and sculpt your legs, buns and thighs and get lean, flatter abs all by having fun, moving and dancing to the music. Flirty Fit will make you feel strong and abs-olutely fabulous! We will also incorporate floor work and hand weights.

**Hula-Hoop Fit -** Hoop Yourself Slim With This Hula-Hoop Workout. Start with the basic moves until you feel comfortable, then step up to more advanced ones. Do any combination of moves for 30 minutes (you'll burn 150 to 250 calories per workout.) Yep, belly included!

**Pin-Up Doll Workout -** This class will have your hips rolling, head snapping, legs prancing and shoulders shimmying! The end result is an all around workout with fitness benefits including most all major muscle groups, strength, stamina, flexibility, improving posture, coordination, core strength, leg toning, and attitude and confidence. Sparking confidence to really get in there and rev up the energy to the next level. Guaranteed to blast calories. A dance-fitness class that feels friendly, and most of all, fun. Perfect for all levels!