### OCC Fitness Schedule
Effective Aug. 19

#### FACILITY HOURS
- **Monday - Friday:** 6 AM - 7 PM
- **Saturday:** 7 AM - 4 PM
- **Sunday:** 10 AM - 4 PM

<table>
<thead>
<tr>
<th>MON.</th>
<th>TUES.</th>
<th>WED.</th>
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<th>FRI.</th>
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<tbody>
<tr>
<td>6:15-7 AM</td>
<td>CYCLE (FS)</td>
<td>Shauna</td>
<td>6:15-7 AM</td>
<td>BOOTH (AS)</td>
<td>Wendi</td>
<td>10:15-11:15 AM</td>
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<tr>
<td>6:15-7 AM</td>
<td>BODY KICKIN’ STEP (AS)</td>
<td>Stephanie</td>
<td>8:30-9:25 AM</td>
<td>AQUAFIT</td>
<td>Antoinnette</td>
<td>Noon-1 PM</td>
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<tr>
<td>8:30-9:25 AM</td>
<td>AQUAFIT</td>
<td>Antoinnette</td>
<td>9-9:55 AM</td>
<td>ZUMBA (AS)</td>
<td>Annette</td>
<td>1-1:55 PM</td>
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<td>Noon-12:55 PM</td>
<td>ZUMBA GOLD (AS)</td>
<td>Angie</td>
<td>4:30-5:25 PM</td>
<td>BURN (AS)</td>
<td>Rondalea</td>
<td>Noon-12:45 PM</td>
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<tr>
<td>4:30-5:25 PM</td>
<td>BURN (AS)</td>
<td>Rondalea</td>
<td>5:30-6:25 PM</td>
<td>WERQ (AS)</td>
<td>Kim</td>
<td>Noon-12:45 PM</td>
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<tr>
<td>5:30-6:25 PM</td>
<td>WERQ (AS)</td>
<td>Kim</td>
<td>5:30-6:25 PM</td>
<td>WERQ (C3)</td>
<td>Piper</td>
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<tr>
<td>6-6:55 PM</td>
<td>CYCLE CIRCUIT (FS)</td>
<td>John</td>
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</tbody>
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#### KEY
- (FS) - Fitness Studio
- (AS) - Aerobics Studio
- (C3) - Court 3
- Please bring your own mat.

### What's Your #OLATHE ACTIVE?

OlatheKS.org/CommunityCenter • (913) 971-8563 • /OlatheCommunityCenter
20/10/20 This trifecta of fitness features 20 minutes of dumbbell and barbell-based strength training, 20 minutes of energizing floor-based cardio and 20 minutes of core for the grand finale.

AGED FOR ACTION Designed for the active adult and senior looking for a moderate challenge, complete with low impact exercises and strength, cardio and core training. Use of a chair for support is optional in this class.

BARRE Warm up with a sequence of upper-body exercises, including free weights, push-ups, planks and other moves to target the biceps, triceps, chest and back muscles. Next, you’ll use the ballet barre and your own body weight for resistance to focus on the thigh and seat muscles.

BLT BOOTCAMP Buns, Legs, and Thighs Bootcamp will strengthen and tone the core area of the body including your abs, back and butt!

BOOZY KICKIN’ STEPP Offers the latest in step choreography like mambos, pivots and hop-turns. Beginners are advised to use one level or risers.

BREATHE, STRETCH & RENEW Perfect for those with a desire to increase flexibility and balance, learn correct postural alignment and enhance the effects yoga has on body, mind and spirit. Appropriate for all fitness levels.

B.U.R.N. Using free-weights and resistance bands, this total body weight training program will tone and define your body by targeting all muscle groups through traditional/functional exercises.

CARDIO DANCE Cardio dance is a total body, high energy, easy-to-follow cardio dance workout that is infused with many styles of dance that will guarantee a fabulous sweat session. This is a supportive environment where students of all dance skills have the time of their lives while getting fit.

CHAIR YOGA With a chair for support, this class challenges the body and mind through strengthening, stretching, relaxing and breathing.

CHISEL & BURN This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercises, bodyweight exercises and finishes with core training and stretching for a complete workout. All-Lessons.

C.S.I. (CARDIO-STRENGTH-INTERVALS) Create muscle definition in this hybrid class that combines intense cardio intervals and challenging strength moves using a variety of equipment.

CYCLE A class focusing on cardio challenges and hill climbs at varying speeds and resistance for all participant levels.

CYCLE CIRCUIT Classes have been designed for beginners and experienced cyclists alike, focusing on endurance, strength, intervals, high intensity and recovery in order to provide a maximum workout.

F.A.S.T. From beginners to pros this free-weight based circuit training class is a total body challenge with an emphasis on correct form, with fundamental lifts, and progression.

KICK BOXING An action-packed workout that combines a series of punching and kicking combinations, this class improves strength, muscle tone and endurance.

N.I.A. Combines carefully selected movements and concepts from Yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz, Modern Dance and other movement forms. This class offers total-body cardio conditioning and cross-training for any sport or activity.

POUND Full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and isometric poses into a 45-minute series.

SILVER SNEAKERS CIRCUIT The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball.

SILVER SNEAKERS CLASSIC Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

SILVER SNEAKERS YOGA Get ready to move through a complete series of seated and standing yoga poses. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

STRONG BY ZUMBA® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. ... The original STRONG by Zumba® class is a demanding hour-long session that works your entire body.

SUNRISE YOGA Practice begins with warming stretches in preparation for a series of strong standing poses, Vinyasa style!

TABATA BOOTCAMP This high-energy class takes you through intense intervals of different exercises (both strength training and plyometric) to burn fat and strengthen every muscle group of the body.

TAI CHI All our classes include simple, low-impact movements that increase flexibility, balance, range of motion, vitality, relaxation, mental focus, strength and overall well-being.

TRAINX3 If you are somebody that likes variety, then you will love the spontaneity of strength, cardio and core, but every week will be a surprise!

RESTORATIVE YOGA Designed to restore the nervous system and help restore deeply held tensions from the body and mind.

YOGA FLOW In this class you will synchronize breath with movement. Students will focus on linking breath with a mindful flow. This flow style class allows students awaken their strength, energy, and flexibility in a fun atmosphere.

WERQ (pronounced “work”) is the wildly addictive dance fitness class based on the hottest pop, rock, and hip-hop music. Beyond being easy to follow for all levels, WERQ is an effective cardio class that feels more like a dance experience.

ZUMBA® A feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations. A mixture of body-sculpting movements with easy-to-follow dance steps, the routines utilize the principles of aerobic interval and resistance training.

ZUMBA GOLD Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-followZumba® choreography that focuses on balance, range of motion and coordination.

What’s Your #OLATHE ACTIVE?