

# Muskogee Swim Fitness Center

## Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
6:15am - 7:00am <b>Spinning</b> <i>Brianne</i>		6:15am - 7:00am <b>Spinning</b> <i>Brianne</i>		6:15am - 7:00am <b>Spinning</b> <i>Brianne</i>
8:30am - 9:30am <b>H2O Aerobics</b> <i>Inette</i>		8:30am - 9:30am <b>H2O Aerobics</b> <i>Inette</i>		8:30am - 9:30am <b>H2O Aerobics</b> <i>Inette</i>
10:00am - 11:00am <b>Tai Chi</b> <i>Billy Jo "BJ"</i>	10:00am - 10:45am <b>Joint Flex</b> <i>(Conference Room)</i> <i>Kent</i>	10:00am - 11:00am <b>Yoga</b> <i>Martha</i>	10:00am - 10:45am <b>Joint Flex</b> <i>(Conference Room)</i> <i>Kent</i>	10:00am - 11:00am <b>Tai Chi</b> <i>Billy Jo "BJ"</i>
	10:45am - 11:15am <b>Fitness 180</b> <i>(Fitness Center)</i> <i>Kent</i>		10:45am - 11:15am <b>Fitness 180</b> <i>(Fitness Center)</i> <i>Kent</i>	
11:15am - 12:00pm <b>Boxing Cardio Circuit</b> <i>Clint</i>		11:15am - 12:00pm <b>Boxing Cardio Circuit</b> <i>Clint</i>		11:15am - 12:00pm <b>Boxing Cardio Circuit</b> <i>Clint</i>
3:00pm - 4:00pm <b>Bench Blast</b> <i>(Fitness Center)</i> <i>Clint</i>			3:00pm - 4:00pm <b>Bench Blast</b> <i>(Fitness Center)</i> <i>Clint</i>	
	4:30pm-5:15pm <b>Strength Cardio Ab Circuit</b> <i>Katie</i>		4:30pm-5:15pm <b>Strength Cardio Ab Circuit</b> <i>Katie</i>	
	5:30pm - 6:45pm <b>Rockstar Yoga</b> <i>(Intermediate)</i> <i>Heather</i>	5:00pm - 6:00pm <b>Boxing Cardio Circuit</b> <i>Clint</i>	5:20pm - 6:20pm <b>Boxing Cardio Circuit</b> <i>Chris</i>	5:30pm - 6:30pm <b>HIP HOP FITNESS</b> <i>Winter</i>
5:30pm - 6:30pm <b>H2O Aerobics</b> <i>Cindy</i>	5:00pm - 5:45pm <b>POWER H2O</b> <i>Brooke</i>	5:30pm - 6:30pm <b>H2O Aerobics</b> <i>Cindy</i>	5:00pm - 5:45pm <b>POWER H2O</b> <i>Brooke</i>	5:30pm - 6:30pm <b>H2O Aerobics</b> <i>Cindy</i>
6:00pm - 7:00pm <b>HIP HOP FITNESS</b> <i>Winter</i>	6:50pm - 7:30pm <b>ZUMBA</b> <i>Krista</i>	6:00pm - 7:00pm <b>HIP HOP FITNESS</b> <i>Winter</i>	6:20pm - 7:15pm <b>ZUMBA</b> <i>Krista</i>	
7:00pm - 8:15pm <b>Belly Dancing</b> <i>Teresa</i>	7:40pm - 8:30pm <b>Boxing Cardio Circuit</b> <i>Mike</i>		7:15pm - 8:30pm <b>Belly Dancing</b> <i>Eve</i>	

Last Updated 1/12/2012 by JKL



566 N. 6th Street  
Muskogee, Oklahoma  
918.681.4733  
www.muskogee parks.com

**"NEW YEAR SCHEDULE"!**

**Check the front desk and website for updated schedule or additions.**

\*Schedule changes may occur, please check the website for most current schedule and times.