


# Group Exercise Classes Ozark Community Center 581-7002

Time	Mon	Tue	Wed	Thur	Fri	Sat
5:30A	Group Cycle		Group Cycle		Group Cycle	
8:00A	Gentle Yoga & Stretch	Aqua Fit	Yoga Fusion (8:15A)	Aqua Fit		TBC (8:15A)
9:00A	Aqua Fit	Aqua Fit	Aqua Fit	Aqua Fit	TBC	
	Group Cycle	TBC	Group Cycle	TBC	Group Cycle	
9:15A			Senior Fit			Group Cycle
10:00A	Yoga		The Mix (Group Cycle/TBC Mix)	Yoga		
	Low Impact H2O Aerobics		Low Impact H2O Aerobics			
10:15A		Senior Fit	Gentle Yoga & Stretch		Fitness & Fellowship	
11:15A	Silver Sneakers Classic		Silver Sneakers Classic	Yoga Fusion (11-11:45am)		
4:30P						
4:50P	TBC Express	TBC Express				
5:30P	TBC	Yoga (5:45P)	TBC	Yoga (5:45P)		
	Group Cycle	Group Cycle	The Mix (Group Cycle/TBC Mix)	Group Cycle		
6:30P	Zumba		Zumba			
	Aqua Fit (6:15P)		Aqua Fit (6:15P)			

All Classes are 45min. Express Classes are 30min.

Please arrive at least 10min early to set up for your class and inform the instructor if you are new. All of our classes are designed to accommodate all fitness levels.

Bring a water bottle and great attitude! All classes held upstairs in the aerobics room unless noted.

**Aqua Fit Water Aerobics** (Located in the pool): Build strength and burn calories with the benefit of the low impact and high resistance of the water.

**Fitness & Fellowship:** (In the Community Room): The 1st half of this older adult class is a total body workout, and stick around for food and fellowship!

**Gentle Yoga & Stretch:** Great for beginners and older adults! Class is slower paced, as basic yoga postures and breathing techniques will be taught.

**Group Cycle:** Strengthen your lower body, increase cardiac output, and burn serious calories in our group cycling classes, located in our cycling room.

**Low Impact H2O Water Aerobics** (Located in the pool): Designed for those who are limited by impaired joint motion and/or strength.

**Senior Fit:** A weight and cardio combination class that will keep you moving! Your muscles and bones will thank you!

**Silver Sneakers Classic** (Located in the Community Room): With Silver Sneakers you will move through a variety of exercises to increase muscular strength and range of motion (older adult exercise class).

**TBC & TBC Express (Total Body Conditioning):** Designed to burn calories and fat. Every class is different and designed to keep your body guessing. Weight training, cardio, body weight exercises, plyometrics, and more. Come see what today's class has for you! Express classes are 30min.

**The Mix (Group Cycles/TBC Mix):** The best of BOTH Cycling and Total Body Conditioning in one 45min class! Every class starts in the Cycling room.

**Yoga:** This is a rigorous workout that develops strength and flexibility while keeping you on the move

**Yoga Fusion:** A fusion of basic yoga moves and stretches combined with light resistance training.

**ZUMBA:** A smokin' hot Latin dance class that will have you burning some serious calories. Somebody get the fire extinguisher!

## Specialty Classes

<b>Martial Arts (Taekwondo)</b> Ages 4-Adult: Mon/Tue/Thur	Starting @ \$30/mo	Emphasizing Taekwondo's power and brings in gross motor skill techniques and self defense applications from numerous other styles. One, two, or three day a week options. Call Instructor, Kristen directly for information @ 840-2253 or pick up a flier at the front desk.
<b>Personal Training &amp; Youth Athlete Training</b>	Starting @ 25/hr	Don't waste your time! Get a trainer that can identify your needs and make the most of your time at the gym. Got an athlete? Our OC Stars Youth Trainers will take your athlete to the next competitive level.
<b>Massage Therapy</b>	Starting at \$45/hr	Got pain? We've got your back! Hot stone, thermal connective tissue, relaxation, deep tissue, tai massage, are some of our offerings. Call Ronda today to set up your appointment to make your day a little more relaxed! Call Ronda at 844-8399.
<b>Youth Weight Lifting Certification, required for ages 13-15yrs</b>	\$15	Youth Weight Lifting Certifications are required for ages 13-15yrs to work out in the fitness center. They will meet with a trainer to learn safe and proper work out techniques and how to use our equipment. You must pay before scheduling your appointment. Pay at the front desk at The OC & a trainer will call you to set up an appointment.
<b>Free Group New Member Orientations &amp; Private Orientations</b>	Free Group Orientations. Private Orientations: \$20 for 1 person, or \$25 for 2	Free Group New Member Orientations are available at scheduled group times to learn how to adjust equipment and use the cardio machines. Register 24hrs in advance by calling the front desk or signing up in the fitness center. Private Orientations are available with a personal trainer if the group orientation times do not accommodate your schedule. Cost: \$20 for one person & \$25 for two people. Pay at the front desk at The OC & a trainer will call you to set up an appointment.
<b>Youth Creative Arts (Ballet, Gymnastics, Pre-school Art)</b>	Prices vary	Don't forget the kids! We have wonderful opportunities for your children to express themselves through ballet, gymnastics, and art. See website for more details or call the fitness department @ 581-7002 x2024.