

# OGG FITNESS SCHEDULE EFFECTIVE AUG. 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:20 AM BOOTY KICKIN' STEP STEPHANIE	5:30-6:20 AM BOOTCAMP WENDI	5:30-6:20 AM 20/20/20 SHAUNA	5:30-6:20 AM STEP & SCULPT STEPHANIE	5:30-6:20 AM KICKBOXING SHAUNA		
8-8:50 AM FOAM ROLLING RONDALEA	8-8:50 AM WERQ GINA	8-8:50 AM FOAM ROLLING RONDALEA	5:30-6:20 AM CYCLE WENDI	8-8:50 AM YOGA FLOW JEANETTE	8-8:50 AM SUNRISE YOGA ROBIN	
9:10-10 AM BURN RONDALEA	8-8:50 AM SLIVERSNEAKERS MARYL	8-8:50 AM VINYASA YOGA ROBIN	8-8:50 AM PILATES JEANETTE	9:10-10 AM BARRE JEANETTE	8-8:50 AM CYCLE GENE	
9:10-10 AM CYCLE GENE	9:10-10 AM PILATES JEANETTE	9:10-10 AM BURN RONDALEA	9:10-10 AM FUNCTIONAL STRENGTH RONDALEA	10:10-11 AM C.S.I. TONI	9:10-10 AM TRAIN X3 TONI	
10:10-11 AM FUNCTIONAL STRENGTH BRANDY	9:10-10 AM CYCLE BRANDY	9:10-10 AM PILATES JENNY	10:10-11 AM AGED FOR ACTION BRANDY	10:10-11 AM STEP & BOOTY STEPHANIE	9:10-10 AM STRONG HANNAH W.	
11:10 AM-NOON WERQ GOLD GINA	10:10-11 AM AGED FOR ACTION BRANDY	10:10-11 AM WERQ LIKE A BOSS JENNY	10:10-11 AM YOGA FLOW JEANETTE	11:10 AM-NOON SILVER SNEAKERS RONDALEA	10:10-11 AM WERQ WANDA	10:10-11 AM WERQ ERIN
12:30-1:20 PM SS CIRCUIT ANTOINETTE	10:10-11 AM YOGA FLOW ROBIN	11:10AM-NOON SS YOGA BRANDY	CAN DO CANCER 11 AM - NOON LOU ANN	12:10-1 PM CHAIR YOGA ANTOINETTE	10:10-11 AM PILATES DAWN	11:10 AM-NOON BARRE KIM
1:30-2:20 PM BEGINNERS LINE DANCING CONNIE	CAN DO CANCER 11 AM - NOON LOU ANN	12:10-1 PM ZUMBA GOLD ANGIE	11:10 AM-NOON SILVER SNEAKERS MARYL	1:30-2:20 PM INTERMEDIATE LINE DANCING CONNIE		1-1:50 PM WERQ GINA
2:30-3:20 PM ADVANCED LINE DANCING CONNIE	11:10 AM-NOON SLIVER SNEAKERS MARYL			2:30-3:20 PM ADVANCED LINE DANCING CONNIE		2-2:50 PM CIRCL HANNAH W.
4:30-5:20 PM STRONG HANNAH S.	4:30-5:20 PM BURN RONDALEA	4:30-5:20 PM STRONG HANNAH S.	4:30-5:20 PM STRONG HANNAH S.	4:30-5:20 PM WERQ PIPER		
5:30-6:20 PM YOGA FLOW TERESA	5:30-6:20 PM WERQ ERIN	5:30-6:20 PM BARRE JENNY	5:30-6:20 PM WERQ WANDA			
5:30-6:20 PM CYCLE GENE	5:30-6:20 PM ASHTANGA YOGA ROBIN	6:30-7:20 PM WERQ PIPER	5:30-6:20 PM CYCLE GENE			
6:30-7:20 PM WERQ CAYSHA	6:30-7:20 PM SURRENDER YOGA ANTOINETTE		6:30-7:20 PM ZUMBA KATIE			
6:30-7:45 PM RESTORATIVE YOGA ROBIN			6:30-7:20 PM YOGA FLOW DAWN			

AEROBICS STUDIO - UPPER LEVEL  
FITNESS STUDIO - LOWER LEVEL



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913-971-8563

**20/20/20** IS A 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 (A.F.A)** IS 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.

**ASHTANGA YOGA (PRIMARY SERIES 1)** IS A VIGOROUS FORM OF VINYASA YOGA EMPHASIZING CONTINUOUS MOVEMENT, USING THE BREATH TO BUILD HEAT WITHIN THE BODY AND TO GUIDE MOVEMENT, FOCUSING ATTENTION, AND DEVELOPING PHYSICAL STRENGTH THROUGH CONSISTENT PRACTICE OF A STANDARD SERIES OF POSES.

**BARRE** WARMS UP WITH A SEQUENCE OF UPPER-BODY EXERCISES, INCLUDING FREE WEIGHTS, 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.

**BOOTCAMP** WILL STRENGTHEN AND TONE THE CORE AREA OF THE BODY, INCLUDING YOUR ABS, BACK AND BUTT!

**BOOTY KICKIN STEP** OFFERS THE LATEST IN STEP CHOREOGRAPHY LIKE MAM-BOS, PIVOTS AND HOP-TURNS.

**BURN** USES FREE-WEIGHTS AND BARS. THIS TOTAL BODY WORKOUT TRAINING PROGRAM WILL TONE AND DEFINE YOUR BODY BY TARGETING ALL MUSCLE GROUPS THROUGH TRADITIONAL AND FUNCTIONAL EXERCISES.

**CANDO CANCER** IS A SUPPORTIVE GROUP EXERCISE CLASS FOR INDIVIDUALS LIVING WITH AND LIVING BEYOND CANCER. DESIGNED TO BUILD STRENGTH, BALANCE AND FLEXIBILITY WITH THE SUPPORT OF LIKE-MINDED PEOPLE WHO LIFT EACH OTHER UP.

**CHAIR YOGA** USES A CHAIR FOR SUPPORT, AND CHALLENGES THE BODY AND MIND THROUGH STRENGTHENING, STRETCHING, RELAXING AND BREATHING.

**CIRCL MOBILITY** WILL UNLOCK YOUR BODY'S POTENTIAL THROUGH FLEXIBILITY, BREATHWORK, AND MOBILITY EXERCISES. YOU'LL RELEASE PHYSICAL RESTRICTIONS, RESTORE YOUR FULL RANGE OF MOTION, AND RENEW YOUR CORE CAPABILITIES SO YOU CAN MOVE BETTER, LONGER.

**C.S.I. (CARDIO STRENGTH INTERVALS)** CREATES MUSCLE DEFINITION IN A HYBRID CLASS THAT COMBINES INTENSE CARDIO INTERVALS AND CHALLENGING STRENGTH MOVES USING A VARIETY OF EQUIPMENT.

**CYCLE** FOCUSING ON CARDIO CHALLENGES AND HILL CLIMBS AT VARYING SPEEDS AND RESISTANCE.

**FOAM ROLLING MYOFASCIAL RELEASE (MR)** TECHNIQUE FOAM ROLLING IS WHEN YOU USE A FOAM TUBE TO ALLEVIATE MUSCLE TIGHTNESS, SORENESS AND INFLAMMATION. IT CAN ALSO HELP IMPROVE YOUR RANGE OF MOTION. MR HELPS MANAGE PAIN AND DISCOMFORT BY APPLYING PRESSURE TO AREAS THAT ARE TIGHT OR SORE TO HELP THEM RELAX AND LENGTHEN.

**FUNCTIONAL STRENGTH** IS A FUN CARDIO, WEIGHT BEARING AND FREE WEIGHT CLASS THAT TARGETS CORE INDIRECTLY AS YOU INCREASE MUSCLE DEFINITION.

**KICKBOXING** IS AN ACTION-PACKED WORKOUT THAT COMBINES A SERIES OF PUNCHING AND KICKING. THIS CLASS IMPROVES STRENGTH, MUSCLE TONE AND ENDURANCE.

**LINE DANCING** REFLECTS MODERN LINE DANCING, INCORPORATING ALL GENRES OF DANCE THROUGH A PATTERN OF LEARNED LINE DANCE STEPS. NO EXPERIENCE NECESSARY, YOU CAN LEARN STEPS AND DANCES AS YOU PROGRESS THROUGH THE DIFFERENT LEVELS.

**PILATES** IMPROVES FLEXIBILITY, STRENGTH, AND BALANCE WITH A SERIES OF MOVEMENTS THAT WILL STABILIZE AND STRENGTHEN YOUR CORE.

**SILVER SNEAKERS CIRCUIT** OFFERS STANDING, LOW-IMPACT CHOREOGRAPHY ALTERNATED WITH STANDING UPPER-BODY STRENGTH WORK WITH HAND-HELD WEIGHTS, ELASTIC TUBING WITH HANDLES AND A BALL.

**SILVER SNEAKERS** HAS FUN AND MOVES TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCLE STRENGTH, RANGE OF MOVEMENT AND ACTIVITIES FOR DAILY LIVING.

**SILVER SNEAKERS YOGA** GETS YOU 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.

**STEP & BOOTY** HAS BASIC TO INTERMEDIATE STEP COMBINATIONS WITH INTERVALS OF FOCUSED LOWER BODY POWER MOVES.

**STEP & SCULPT** IS A HIGH ENERGY INTERVAL CLASS COMBINING STEP CHOREOGRAPHY AND SCULPTING EXERCISES. UPPER AND LOWER BODY EXERCISES ALONG WITH THE HIGH-IMPACT CARDIO MOVES MAKES THIS A FUN CALORIE-BURNING CLASS.

**STRONG NATION** COMBINES BODY WEIGHT, MUSCLE CONDITIONING, CARDIO, AND PLYOMETRIC TRAINING MOVES SYNCED TO ORIGINAL MUSIC THAT HAS BEEN SPECIFICALLY DESIGNED TO MATCH EVERY SINGLE MOVE.

**SUNRISE YOGA** IS A MULTI-AGE, MULTI-EXPERIENCE LEVEL, ALIGNMENT FOCUSED VINYASA (FLOW) PRACTICE BASED IN TRADITIONAL YOGA. BREATH WORK, STANDING AND SEATED POSES, DEEP STRETCHING AND FINAL RELAXATION ARE PRACTICED WEEKLY.

**SURRENDER YOGA** IS A YIN YOGA PRACTICE IS SLOW AND MEDITATIVE. POSES ARE MINDFULLY PERFORMED MAINLY ON THE FLOOR SEATED OR LYING DOWN. POSES ARE HELD FOR 2-5 MINUTES, TO STRETCH AND LENGTHEN DEEP CONNECTIVE TISSUES, LIGAMENTS, JOINTS AND TENDONS.

**TRAIN X3** PROVIDES VARIETY AND SPONTANEITY OF STRENGTH, CARDIO AND CORE WORK.

**RESTORATIVE YOGA** MEANS CONTINUOUS MOVEMENT. THIS CLASS BEGINS WITH BREATHWORK AND STRETCHING TO PREPARE FOR VIGOROUS, CONTINUOUS STANDING FLOW FOLLOWED BY SEATED POSED AND FINAL RELAXATION.

**WERQ** IS A WILDLY ADDICTIVE DANCE FITNESS CLASS BASED ON THE HOTTEST POP, ROCK AND HIP-HOP MUSIC. WERQ IS AN EFFECTIVE CARDIO CLASS THAT FEELS MORE LIKE A DANCE EXPERIENCE. (PRONOUNCED "WORK")

**WERQ GOLD** IS JUST LIKE WERQ BUT WITH LOW IMPACT CHOREOGRAPHY!

**WERQ LIKE A BOSS** A PERFECT FUSION OF YOUR FAVORITE WERQ MOVES (25 MINUTES), WEIGHT WORK, TONING AND SCULPTING (15 MINUTES) AND A STRETCH TO FINISH (10 MINUTES).

**YOGA FLOW** WILL FOCUS ON LINKING BREATH WITH A MINDFUL FLOW. THIS FLOW STYLE CLASS ALLOWS STUDENTS TO AWAKEN THEIR STRENGTH, ENERGY, AND FLEXIBILITY IN A FUN ATMOSPHERE.

**ZUMBA** IS 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 INTERVALS AND RESISTANCE TRAINING.

**ZUMBA GOLD** IS FOR ACTIVE OLDER ADULTS WHO ARE LOOKING FOR A MODIFIED ZUMBA CLASS TO RECREATE THE ORIGINAL MOVES YOU LOVE AT A LOWER INTENSITY. THE DESIGN INTRODUCES EASY-TO-FOLLOW CHOREOGRAPHY THAT FOCUSES ON BALANCE, RANGE OF MOTION AND COORDINATION.

