

ZUMBA Fitness at Kerr McGee Center with Jen Mangrum

Zumba is a latin-inspired, dance-fitness class that incorporates Latin & International music and dance movements which create a dynamic, exciting and effective fitness system! ZUMBA is "EXERCISE IN DISGUISE!"

Days: Monday/Wednesday
Time: 9:30 am – 10:30 am
Cost: \$36 for a 12 class punch card or \$5 per class

EVENING CLASSES:

Days: Tues/Thurs and alternating Mondays – see monthly schedule
Time: 5:35 pm – 6:35 pm
Cost: \$36 for a 12 class punch card or \$5 per class

PILATEs at Kerr McGee Center with Jen Mangrum

Pilates focuses on strengthening the core of the body through torso stabilization and then working outward to the rest of the body, head to toe. Not just for women – men will work harder in this class than in most weight training type classes. Bring a padded mat to class.

EVENING CLASSES

Days: Tues/Thurs
Time: 6:40 pm – 7:40 pm (no childcare available)
Cost: \$40 for a 8 class punch card or
\$8 per class