

Muskogee Swim & Fitness Center Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am-10:00am H2O Aerobics <i>Cindy</i>	9:00am-10:00am Aqua Zumba <i>Nikya</i>	9:00am-10:00am H2O Aerobics <i>Cindy</i>	9:00am-10:00am Aqua Zumba <i>Nikya</i>	9:00am-10:00am H2O Aerobics <i>Inette</i>	9:00am-10:00am Yoga <i>Sarah</i>
10:00am-11:00am Tai Chi <i>Billy Jo "BJ"</i>	10:00am - 10:45am Joint Flex <i>Kent</i>	10:00am - 11:00am Tai Chi <i>Billy Jo "BJ"</i>	10:00am - 10:45am Joint Flex <i>Kent</i>		
11:15am - 12:15pm Boxing Cardio Circuit <i>Clint</i>	10:30am - 11:30am Combo Step Aerobics <i>Karen</i>	11:15am - 12:15pm Boxing Cardio Circuit <i>Clint</i>	10:30am - 11:30am Combo Step Aerobics <i>Karen</i>	11:15am - 12:15pm Boxing Cardio Circuit <i>Clint</i>	
			11:45am-12:30pm Pilates <i>Laura</i>		
	12:00pm-1:00pm H2O Aerobics <i>Cindy</i>		12:00pm-1:00pm H2O Aerobics <i>Cindy</i>		
5:15pm - 6:00pm Pilates <i>Laura</i>		5:15pm-6:15pm Yoga <i>Sarah</i>			
5:30pm - 6:30pm H2O Aerobics <i>Cindy</i>	5:45pm - 6:45pm Zumba <i>Kaylon</i>	5:30pm - 6:30pm Aqua Zumba <i>Nikya</i>	5:45pm - 6:45pm Zumba <i>Kaylon</i>	5:30pm - 6:30pm H2O Aerobics <i>Cindy</i>	
6:15pm-7:15pm Zumba <i>Nikya</i>	7:00pm-8:00pm URBAN BEATS <i>Duan</i>		6:45pm-7:30pm TABATA <i>Megan</i>		

Last Updated 12/12/18 CT



566 N. 6th Street
Muskogee, OK 74401
918.684.6304
www.muskogee parks.com

Facility Hours of Operation: Monday-Friday 5:30am-9:00pm; Saturday 8:00am-6:00pm; Sunday 1:00pm-6:00pm