



Ada Wellness Center  
230 Seabrook Road  
Ada, Oklahoma 74820

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SPIN</b>	6-6:45 a.m. 7-7:30 a.m. Noon-12:45 p.m. 5:15-6 p.m. 6-6:45 p.m.	7-7:30 a.m. 6-6:45 p.m.	6-6:45 a.m. 7-7:30 a.m. Noon-12:45 p.m. 5:15-6 p.m. 6-6:45 p.m.	7-7:30 a.m. 6-6:45 p.m.	6-6:45 a.m. 7-7:30 a.m. Noon-12:45 p.m. 5:15-6 p.m. 6-6:45 p.m.	<b>NO CLASSES</b>
<b>PRAMA</b>	6-6:45 a.m. 11-11:45 a.m. 6:15-7 p.m.	6-6:45 a.m. 11-11:45 a.m. 6:15-7 p.m.	6-6:45 a.m. 11-11:45 a.m. 6:15-7 p.m.	6-6:45 a.m. 11-11:45 a.m. 6:15-7 p.m.	6-6:45 a.m. 11-11:45 a.m. 6:15-7 p.m.	<b>NO CLASSES</b>
<b>KID-FIT (ages 5-9)</b>	Noon-12:45 p.m. 4-4:45 p.m. 6-6:45 p.m.	Noon-12:45 p.m. 4-4:45 p.m. 6-6:45 p.m.	Noon-12:45 p.m. 4-4:45 p.m. 6-6:45 p.m.	Noon-12:45 p.m. 4-4:45 p.m. 6-6:45 p.m.	Noon-12:45 p.m. 4-4:45 p.m. 6-6:45 p.m.	
<b>REV AND FLOW</b>		6-6:45 a.m. 12:15-1 p.m.		6-6:45 a.m. 12:15-1 p.m.		<b>NO CLASSES</b>
<b>ACTIVE AGING</b>	8-8:45 a.m. 2-2:30 p.m.	2-2:30 p.m.	8-8:45 a.m. 2-2:30 p.m.	2-2:30 p.m.	8-8:45 a.m. 2-2:30 p.m.	
<b>STEP AEROBICS</b>		Noon-12:45 p.m. 4-4:45 p.m.		Noon-12:45 p.m. 4-4:45 p.m.		
<b>DANCE FITNESS</b>	Noon-12:45 p.m.	5:30-6:15 p.m.	Noon-12:45 p.m.	5:30-6:15 p.m.	Noon-12:45 p.m.	<b>NO CLASSES</b>
<b>8 A.M. FITNESS</b>		8-8:45 a.m.		8-8:45 a.m.		
<b>CIRCUIT</b>	4-4:45 p.m.		4-4:45 p.m.		4-4:45 p.m.	
<b>YOGA</b>	5:15-6 p.m.		5:15-6 p.m.			<b>NO CLASSES</b>
<b>CORE</b>	3:15-3:45 p.m.		3:15-3:45 p.m.			
<b>ABS</b>		5:15-6 p.m.		5:15-6 p.m.		

Child care is not available. All classes and times are subject to change.  
Please book sessions through the Member Me+ app.  
We appreciate your business.

