






Complimentary Class
to Members

** Specialty Program
(added fee)

OCC Group Exercise

Mon	Tues	Wed	Thurs	Fri	Sat
<p>Strength & Balance 9:00 am (19th hole) #</p>		<p>Strength & Balance 9:00 am (19th hole) #</p>	<p>Zumba 9:00 am (main dining dance floor) #</p>	<p>Hatha Yoga 9:00 am (19th hole) #</p>	<p>Hatha Yoga 10:00 am (19th hole) #</p>
					
<p>OCC Boot Camp 6:00pm **</p>	<p>Zumba 6:00 pm (main dining dance floor) #</p>		<p>OCC Boot Camp 6:00pm **</p>		

Class Descriptions

Strength & Balance (60 minutes) All fitness Levels/ Men & Women

Promotes muscle strength and endurance resulting in better posture, increased body awareness and improved balance. Focus is on resistance and core training with the aid of a variety of fitness props.

Hatha Yoga (60 minutes) All fitness Levels/ Men & Women

Yoga focus on flexibility, strength, balance, breathing, stress reduction and mental clarity. Classes will be concluded with relaxation exercises, which eases the mind and body, allowing you to move through your day feeling refreshed.

Zumba (60 minutes) All fitness Levels/ Men & Women

Zumba is a Cardio Fitness Party! It combines a fusion of spicy Latin fast and slow dance rhythms to deliver an effective high energy workout. Burn calories while having a blast!

OCC Boot Camp (60 minutes) All fitness Levels/ Men & Women

A fun & challenging workout to increase strength, stamina, agility and balance. Class incorporates Kenpo, plyometrics, core conditioning, weight training, stretching and more.

\$50/Monthly, \$10/drop in rate



Onion Creek Club