

# Case Community Center Classes



**Citizen CPR "Save-A-Life Saturday":** The American Heart Association and Emergency Medical Services Authority (EMSA) proudly bring you free CPR training during Save-A-Life Summer. The free class teaches CPR and basic First Aid response.

**Contact:** [www.tulsacpr.com](http://www.tulsacpr.com) **918.596.3600**  
[Click on the "Save-A-Life Summer" link](#)

**Time:** July 8, 2017

**Home School PE:** This free program consists of a variety of organized physical education activities provided throughout the school year. (Program does not meet during the summer.)

**Location:** Gymnasium

**Time:** Thursday, 2:00pm-3:00pm *Class runs Sept-May*

**Home School Art:** This free program consists of a variety of arts & crafts activities provided throughout the school year. (Program does not meet during the summer.)

**Location:** Sports Room

**Time:** Thursday, 1:00pm-2:00pm *Class runs Sept-May*

**Sand Springs Youth Basketball:** Participants will compete in a youth basketball league.

**Contact:** Jack Younger **918.698.2494**

**Location:** Gymnasium *League runs December-March*

**Team USA Self Defense:** Participants (age 4-14) will learn self-defense, self discipline, control and respect.

**Instructor:** Jesse Teegarden **918.361.6039**

**Location:** Conference Rooms

**Time:** Wednesday, 5:30pm-8:30pm

**Tiny Tots in Training:** Toddlers (age 2-5) will engage in activities such as miniature basketball, hula-hoops, tri-cycle riding with the support of their parent(s). Program is FREE.

**Location:** Gymnasium

**Time:** Wednesday, 10:00am-11:30am

**Tai Chi - Moving for Better Balance:** Seniors 55+ exercise program that helps reduce blood pressure, improve muscular strength, balance & postural control. Program is FREE.

**Instructor:** Cathy Williams/Sherry Clark

**Location:** Conference Room ABC

**Time:** Class 1: Tuesday & Thursday, 12:00pm-1:00pm

Class 2: Thursday, 1:00pm-2:00pm

**PRE-REGISTRATION IS REQUIRED:**

[sherry@rsvptulsa.org](mailto:sherry@rsvptulsa.org) – 918-280-8656

**Pickleball:** Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Pickleball was invented in the mid 1960s as a children's backyard pastime but has become popular among adults as well.

**Location:** Gymnasium

**Time:** Friday, 8:00am-11:00am *League runs Sept-May*

**Forest Yoga in the City:** Learn the fundamentals of yoga in this 6-week class. This class is appropriate for beginners, as well as more experienced students who want a good, solid foundation in yoga basics. \$10 per class. Begins June 13<sup>th</sup>.

**Instructor:** Sheila Lazier, MS, RYT **918.245.2734**

**Location:** Aerobics/Dance Room

**Times:** Tuesday, 8:30am-9:30am

**Senior Exercise:** Participants will engage in mild stretching and exercise. Program is FREE.

**Location:** Gymnasium

**Times:** Tuesday & Thursday, 9:30am-10:00am

**Boogie with Boone:** Combination Zumba® inspired dancing with additional core workout.

**Instructor:** Dana Boone **918.527.0903**

**Location:** Aerobics/Dance Room

**Times:** Wednesday & Friday, 12:00pm-1:00pm



**Classes:** The Zumba® fitness program is an exhilarating, effective, easy-to-follow, Latin inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. \*Thursday class is FREE.

**Instructor:** Dawn Bodi **918.810.2588**

**Location:** Gymnasium

**Times:** Monday & Wednesday, 5:45pm-6:45pm

\*Thursday, 5:30pm-6:30pm *Class runs Mar-Nov*

Sunday, 4:00pm-5:00pm



**Classes:** It is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults. Program is FREE.

**Instructor:** Joy Turner **918.740-9262**

**Location:** Gymnasium

**Times:** Tuesday & Thursday, 10:05am-11:00am

**Fit Happens!:** A bodyweight focused high intensity interval training program designed to torch fat & boost metabolism in a fun group setting.

**Instructor:** Carter Simmons **918.924.6495**

**Location:** Sports Room

**Times:** Tues, 7:00pm-8:00pm & Sat, 8:00am-9:00am