



CLASSES



SENIOR NUTRITION PROGRAMMING & ACTIVITIES

The Case Community Center provides a site for the Tulsa & Creek County Senior Nutrition program, delivering well balanced lunches for seniors age 60 and above. Seniors can engage in games and fellowship before or following the meals. Reserving meals involves completing paperwork beforehand. Participation in activities is open to all seniors, regardless of their involvement in the nutrition program.

Location: Conference Rooms & Sr. Pool Room
Time: Mon - Fri 8am – 2:00pm

We provide transportation to the Case Community Center for Sand Springs residents aged 60 or above, as well as those with disabilities, on weekdays during senior programming. Feel free to inquire with our staff about bus transportation or meal paperwork.



An easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, 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** with membership.

Instructor: Joy Turner 918.740.9262
Location: Gymnasium
Times: Tues & Thurs 10:00am-11:00am

SENIOR EXERCISE

Participants will engage in mild stretching and exercise. Small hand weights are recommended but not required. **Program is FREE** with membership.

Location: Gymnasium
Times: Tues/Thurs 9:15am – 9:45am



A combination of Latin and international music with dance moves; combining interval training to help improve cardiovascular fitness. **Program is FREE** with membership.

Instructor: Bridget Beard 918.557.2093
Location: Gymnasium
Times: Mon & Wed 5:45pm – 6:45pm



Participants will work out their entire body with this fun workout routine. It combines elements from Zumba® with a step riser to provide an intense full body. **Program is FREE** with membership.

Instructor: Dawn Bodi 918.810.2588
Location: Gymnasium
Time: Fri 8:00am – 9:00am

TAI CHI

Seniors 55+ exercise program that helps reduce blood pressure, improve muscular strength, balance & postural control. Program is **FREE** with membership.

Contact: Cathy Williams 918.519.0342
Location: Aerobic Room
Time: Tues & Thurs 11:15am – 12:15pm

PICKLEBALL

Participants will play a fun sport that combines many elements of tennis, badminton and ping pong. This is an OPEN play time. Program is **FREE** with membership.

Location: Gymnasium
Time: Mon-Wed & Fri 9:30pm – 3:00pm
Alternating Sundays 1:00pm – 3:30pm

POUND!

This cardio jam session is inspired by the energizing, infectious, sweat-dripping fun of playing drums. Class is **FREE** with membership.

Contact: Angela Schoenrock 918.260.3951
Location: Aerobics Room
Time: Mon & Thurs 5:45pm – 6:45pm