



CASE
COMMUNITY CENTER

CLASSES

RSVP/Tai Chi: Seniors 55+ exercise program that helps reduce blood pressure, improve muscular strength, balance & postural control.

Program is FREE but Pre-Registration is required. Contact Sherry Clark.

Prog Dir: Sherry Clark 918.280.8656
sherry@rsvptulsa.org

Location: Conf Rooms ABC

Time: Mind and Body:
Tues & Thurs, 11am-12pm
Moving for Better Balance (beginners):
Tues & Thurs, 12pm-1pm

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.

Location: Gymnasium
Times: Mon/Wed/Fri, 2:00pm-4:00pm

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

Contact: Dustin Little 918.640.0892
coachouryouth@gmail.com

Location: Gym
League runs December-March

Futsal: Participants will compete in our indoor soccer league. **Contact Roger Bush for fees & information regarding this league.**

Contact: Roger Bush 918.629.4476
Location: Gym
League runs December-February

RSVP/Case Comfort Crafters: This is a crafty group that makes comfort items for people in need in the Sand Springs community. Any crafty person may participate; whether you sew, knit, crochet, or quilt, you are all welcome! Program is FREE

Location: Conference Rooms ABC
Times: Fri, 11:30am-1:00pm

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: Wed, 10:00am-11:30am



Zumba 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. Program is FREE.

Instructor: Dawn Bodi 918.810.2588
Location: Gymnasium
Times: Monday, 5:45pm-6:45pm



Zumba Gold 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: Tues & Thurs, 10:05am-11:00am

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

Location: Gymnasium
Times: Tues & Thurs, 9:30am-10:00am

Boot Camp: This program is designed to use body weight movements to prevent injury while reaching personal fitness goals. **Contact Amber Behrens for fees and information regarding this class.**

Instructor: Amber Behrens 918.704.0312
Location: Gymnasium
Times: Tues & Thurs, 5:45pm-6:45pm

RIPPED: (Six Week Class - Check Schedule)

The formulaic combination of Resistance, Interval, Power, Plyometrics, Endurance, and Diet. Total body workout – offers ultimate results in minimal time. **Contact Amber Behrens for fees and information regarding this class.**

Instructor: Amber Behrens 918.704.0312
Location: Gymnasium
Times: Tues & Thurs, 5:45pm-6:45pm

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

Instructor: Dana Boone 918.527.0903
Location: Aerobics/Dance Room
Times: Mon & Wed, 12:00pm-1:00pm
Friday, 10am-11am

Home School Workshop & Art: Ages 12 & Up.

The Workshop program consists of oral communications, homesteading, science, and life skills. The Art program consists of a variety of arts & crafts activities (Program does not meet during the summer.) Class is FREE.

Instructor: Juhls Spencer 918.859.6443
Location: Aerobics Room
Time: Thurs, 11am-2pm
Class runs Sept-May

Home School Art: Ages 11 & Under. The Art program consists of a variety of arts & crafts activities. (Program does not meet during the summer.) Class is FREE.

Instructor: Vonda Maples 918.713.1529
Location: Gymnasium
Time: Thurs, 1pm-2pm
Class runs Sept-May

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

Instructor: Vonda Maples 918.713.1529
Location: Gymnasium
Time: Thurs, 2pm-3pm
Class runs Sept-May

Citizen CPR "Save-A-Life Saturday": The American Heart Association and Emergency Medical Services Authority (EMSA) bring you free CPR and Basic First Aid Response training.

Contact: www.tulsacpr.com 918.596.3600
[Click on the "Save-A-Life Summer"](#)
Location: Conference Rooms ABC
Time: TBA