



CLASSES



TRIUMPH TRAINING AND FITNESS

This program is designed to use body weight movements to prevent injury while reaching personal fitness goals.

Instructor: Amber Behrens 918.704.0312
Location: Gymnasium or Conference Room
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 Room
Times: Mon & Wed, 12:00pm-1:00pm
Friday, 10am-11am

DANCE FITNESS WITH DAWN

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: Mon & Wed, 5:45pm-6:45pm

RSVP/TAI CHI

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

Prog Dir: Karen Dills 918.280.8656
Location: Conference Room
Time: Mind and Body:
Tues & Thurs, 11am-12pm
Moving for Better Balance (beginners):
Tues & Thurs, 12pm-1pm

SENIOR EXERCISE

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

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



It is 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**.

Instructor: Joy Turner 918.740.9262
Location: Gymnasium
Times: Tues & Thurs, 10:05am-11:00am

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/Tues/Wed/Fri
1:30pm-4:00pm

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

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 Room
Times: 2nd & 4th Fri, 11:30am-1:00pm

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
Location: Conference Room
Time: July 13, 2019 - 9:30am-12:00pm

SAND SPRINGS YOUTH BASKETBALL

Participants will compete in a youth basketball league.
League Runs December - March

Contact: Dustin Little 918.640.0892
coachouryouth@gmail.com
Location: Gymnasium

FUTSOL

Participants will compete in our indoor soccer league.
League Runs December - February

Contact: Roger Bush 918.629.4476
Location: Gymnasium

HOME SCHOOL - WORKSHOP / ART / PE AGES 12 AND UP – Classes Run Sept - May

Workshop & Art

Workshop is Oklahoma History with coordinating field trips and other workshops. Requires 3-ring binder with 8 tabs and notebook paper, pencil/pen. Some workshops may require a small supply fee at time of class. Art includes Drawing, Pastels, Acrylic, Watercolor, and more. \$10.00 supply fee-Sketch pad and drawing pencil set required. Physical Education includes strength and flexibility exercises, one-mile walk/run, group games such as volleyball, basketball, soccer, horseshoes, table tennis, disc golf, etc. Class is **FREE**.

Instructor: Juhls Spencer 918.859.6443
Location: Aerobics Rm, Gym, Case Community Park
Time: Thurs, 11am-3pm

HOME SCHOOL - PE / ART AGES 12 AND UNDER – Classes Run Sept - May

PE & Art

PE consists of a variety of physical education. Art activities for ages 10-12 years include creating, acting, directing, and producing videos. Ages 7-9 years will create story books (monthly theme). Ages 6-under will have story time. Class is **FREE**.

Instructor: Vonda Maples 918.713.1529
Location: Gymnasium & Park
Time: Thurs, 1pm-3pm