



# CLASSES



## TRIUMPH TRAINING AND FITNESS

This program is designed to use body weight movements to prevent injury while reaching personal fitness goals. Please contact Amber for fees and info.

**Instructor:** Amber Behrens 918.704.0312  
**Location:** Conference Room  
**Times:** Tues & Thurs 5:30pm-6:30pm



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

**Instructor:** Bridget Beard 918. 557.2093  
**Location:** Gymnasium  
**Times:** Mon & Wed 5:45pm - 6:45pm



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 10:00am-11:00am

## POUND!

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

**Contact:** Angela Schoenrock 918.260.3951  
**Location:** Aerobics Room  
**Time:** Mon & Thurs 5:30pm – 6:30pm

## SENIOR EXERCISE

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

**Location:** Gymnasium  
**Times:** Tues/Thurs 9:15am – 10:00am

## TAI CHI

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

**Contact:** Joan Hutchings 918.280.8656  
**Location:** Aerobic Room  
**Time:** Tues/Thurs 11am-12:00pm & 12:00pm-1:00pm

## 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  
**Time:** Mon-Wed & Fri 12:30pm – 3:00pm  
Alternating Sundays 1:00pm – 3:30pm

## MUAY THAI KICKBOXING

A Class teaching martial arts and combat sport that uses stand-up striking along with various clinching techniques. Contact James Pruitt for fees and info.

**Contact:** James Pruitt  
**Location:** Conference Room 918.971.8248  
**Time:** Mon/Wed 6:30pm – 7:30pm  
Saturday 10:00am – 11:00am

## SAND SPRINGS YOUTH BASKETBALL

Participants will compete in a youth basketball league. Contact Dustin for info.

**League Runs** December - March  
**Contact:** Dustin Little 918.640.0892  
[coachouryouth@gmail.com](mailto:coachouryouth@gmail.com)  
**Location:** Gymnasium

## HOME SCHOOL - Art & Life Skills / PE AGES 12 AND UP – Classes Run Sept - May

Art : Drawing, Pastels, Acrylic Painting, Watercolor, Mixed Media, etc. Please contact Juhls for information on school supplies and other fees and requirements. Life Skills: Literature readings to learn topics faced during maturing life events: buying a car & maintenance, etiquette and emotions. Contact instructor for information on school supplies. PE: Strength and flexibility exercises and group games.

**Instructor:** Juhls Spencer 918.859.6443  
**Location:** Aerobics Rm, Gym, Case Community Park  
**Time:** Thurs, 11am-1pm

## HOME SCHOOL - PE / ART AGES 11 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, 10am-2pm