





**Boot Camp:** Triumph Training Boot Camp offers professional training delivered in an energetic & challenging way. For people at any fitness level -modifications will be offered during class. Contact instructor for fees & additional info regarding this class.  
**Instructor:** Amber Behrens 918.704.0312  
**Location:** Gymnasium  
**Times:** Tuesday & Thursday, 5:45pm-6:45pm

**Tai Chi-RSVP:** 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](mailto:sherry@rsvptulsa.org)  
**Location:** Conf Rooms ABC  
**Time:** Mind and Body:  
 Tues & Thurs, 11am-12pm  
 Moving for Better Balance (beginners):  
 Tues & Thurs, 12pm-1pm

**Boogie with Boonie:** Combination Zumba® inspired dancing with additional core workout.  
**Instructor:** Dana Boone 918.527.0903  
**Location:** Aerobics/Dance Room  
**Times:** Monday & Wednesday, 12:00pm-1:00pm  
 Friday, 8:45am-9:45am

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

**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, 6:00pm-7:30pm

**Senior Exercise:** Participants will engage in mild stretching and exercise. Program is FREE.  
**Location:** Gymnasium  
**Times:** Tuesday & Thursday, 9:30am-10:00am

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

**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"  
**Time:** TBA

**Sand Springs Youth Basketball:** Participants will compete in a youth basketball league.  
**Contact:** Dustin Little 918.640.0892  
[coachouryouth@gmail.com](mailto:coachouryouth@gmail.com)  
**Location:** Gym  
 League runs December-March

**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 918.865.3624  
**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 918.865.3624  
**Location:** Gymnasium  
**Time:** Thurs, 2pm-3pm  
 Class runs Sept-May