





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: Conference Rooms
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:
sherry@rsvptulsa.org
Prog Dir: Sherry Clark 918.280.8656
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

 **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 & Wednesday,
 5:45pm-6:45pm

 **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

Yoga: Slow flow class suitable for both beginners & advanced. Will focus on movements connected to breath & full body training. Contact instructor for fees & additional info regarding this class.
Instructor: Cindy Henson 918.261.1126
Location: Conference Room C
Times: Saturday, 10am-11am

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

Home School Workshops: This program consists of oral communications, homesteading, science, and life skills provided throughout the school year. (Program does not meet during the summer.) Class is FREE.
Instructor: Juhls Spencer 918.859.6443
Location: Sports Room
Time: Thurs, 12pm-1pm
Class runs Sept-May

Home School Art: This program consists of a variety of arts & crafts activities provided throughout the school year. (Program does not meet during the summer.) Class is FREE.
Instructor: Juhls Spencer 918.859.6443
Location: Aerobics Room/Gym
Time: Thurs, 1pm-2pm
Class runs Sept-May

Home School PE: 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

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 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: Jack Younger 918.698.2494
Location: Gym
League runs December-March