



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 5:45pm-6:45pm

BOOGIE WITH BOONIE

A fun and easy to follow fitness class inspired by Zumba®. Please contact Dana for pricing and info.

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

ANDREA'S DANCE CLASS

A fun and energizing dance/aerobics class inspired by Zumba® choreography and Hip Hop style. Class is **FREE**.

Instructor: Andrea Stephens 918.810.2588
Location: Gymnasium
Times: Wednesday 5:45pm - 6:45pm

CARDIO KICKBOXING W/SELENA

Participants engage in martial arts technique and cardio exercise. For women only of ALL ages over 18 and is capped off at 20 participants. Contact Susannah for info. Class is **FREE**.

Instructor: Selena Baker 918.270.1821
Location: Conference Rooms
Time: Mon & Wed & Fri 5:30pm-7:00pm

POUND

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

Contact: Angela Schoenrock 918.704.0312
Location: Sport Room
Time: Mon & Thurs 5:30pm – 6:30pm



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

TINY TOS 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
Times: Tues/Thurs 10:00am – 11:30am

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 1:30pm – 4:00pm
Sundays 5:30pm – 8:00pm

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

RSVP /TAI CHI

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

Program Director: GaryAnn Tomkalski 918.280.8656
Location: Conference Rooms
Time: Mind & Body Tues/Thurs 11am-12pm
Moving for Better Balance Tues/Thurs 12pm-1pm

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
Location: Gymnasium

SENIOR EXERCISE

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

Location: Gymnasium
Times: Tues/Thurs 9:30am – 10:00am

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. Some workshops may require a small fee at the time of class. Please contact Juhls for information on school supplies and other fees and requirements. Physical Education includes strength and flexibility exercises, walking/running, and group games such as volleyball, basketball, soccer, table tennis, and more! Class is **FREE**

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, 1pm-2pm