



# 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

## 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:** Mon & Wed 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 918.720.1821  
**Location:** Conference Rooms  
**Time:** Mon & Wed & Fri 6:00pm-7:30pm

## 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



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  
**\*\*Classes resume May 4, 2021\*\***

## 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**. **Not being offered at until further notice**

**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 12:30pm – 3:00pm  
Alternating Sundays 5:30pm – 8:00pm

## SENIOR EXERCISE

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

**Location:** Gymnasium  
**Times:** Tues/Thurs 9:30am – 10:00am  
**\*\*Classes resume May 4, 2021\*\***

## 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:** Advanced Class Tues/Thurs 11am-12:00pm  
Beginner's Class Tues/Thurs 12:00pm-1:00pm

## 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 - 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  
**Not being offered until further notice**

## 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  
**Not being offered until further notice**