



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING INTO ACTION!

## DOWNTOWN YMCA LAUNCH DAYS

Open to all! Bring your friends and co-workers and check out our new programming at your Downtown YMCA! We'll **Spring Into Action on April 15<sup>th</sup> and April 16<sup>th</sup>** to continue our fitness journey into the summer.

As a bonus, all new members will **enjoy a \$0 joining fee!**

## New Classes You Won't Want to Miss

The regular schedule will occur – Check our Tulsa YMCA app to Find A Class!

SHiNE Dance Fitness            Tuesdays at 5:30pm  
HIIT Cycle                        Tuesdays at 5:30pm

## KICK-OFF: Fitness on the Green

**Tuesday April 16<sup>th</sup> 5:30pm to 7:30pm**  
@Guthrie Green

Join us at Guthrie Green to celebrate our 2019 season of FREE community fitness classes. Meet our Dream Team instructors and try Zumba, Yoga & Boot Camp. Giveaways, prize-drawings, special promotions and more!

**When:** April 15<sup>th</sup> and April 16<sup>th</sup>  
**Location:** Downtown YMCA  
418 S. Main  
**Contact:** hsmith@ymcatulsa.org  
(918) 583-9622



## Have you tried MX4?

30 minutes. Endless possibilities. MX4 helps improve cardio, power, strength, and endurance. Call or come by to sign-up for a free session today.

**Monday 4/15/19**  
12:15pm & 5:30pm

**Tuesday 4/16/19**  
6:30am & 12:30pm

