



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING INTO ACTION!

Launch Day Group Exercise Schedule HUTCHERSON FAMILY YMCA

Be the first to experience the new releases for Strength Train Together and Defend Together! Bring your friends—just arrive about 15 minutes early for them to complete a guest waiver. If they join the Y that day, they pay a \$0 joining fee! Play & Learn is open 8:00a.m.—1:15 p.m.

Special One-Day Launch Schedule:

- 8:00–9:00am Cycling with Clarence (Studio)
- 9:05–10:00am Defend Together 101 with Ashlee (Studio)
- 9:00–10:00am Aqua Fitness with Danta (Pool)
- 10:05–11:05am Strength Train Together with Brenda and Tyron (Studio)
- 10:00–11:00am Fit Kids with Ashlee (Gym)
- 11:10–12:00pm Yoga with Doc and Jamar (Studio)
- 12:00–1:00pm Family Zumba with Yawnie (Studio)

WHEN: Saturday, April 13th

Location: HUTCHERSON FAMILY YMCA
mbuford@ymcatulsa.org or (918) 728-3950
ymcatulsa.org/classes

