



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SPECIAL ONE-DAY SCHEDULE

Saturday July 13th

- | | |
|------------------|------------------------------------|
| 8:30 – 9:00 am | Cycling 101 (Studio 2) |
| 9:00 – 9:55 am | Cycle (Studio 2) |
| 9:00 – 9:25am | Move Together (Studio 1) |
| 9:35 – 10:30 am | Strength Train Together (Studio 1) |
| 10:05 – 10:30 am | Conditioning Together (Studio 2) |
| 10:40 – 11:40 pm | Defend Together (Studio 2) |
| 10:40 – 11:40 pm | Zumba (Studio 1) |

ymcatulsa.org/classes

OPEN TO ALL!

Experience the new releases for our **TOGETHER** series of classes or try something new to find your favorite class. Bring all your friends – just arrive 15 minutes early to fill out a guest waiver.

As a bonus, enjoy a **\$0 JOIN FEE** all day!

Saturday July 13th

DICKENSON FAMILY YMCA
(918) 872-9622

Play & Learn Hours
9:00 am – 12:00 pm





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Studio 1	Studio 2
	8:30-8:55 Cycle 101
9:00-9:25 Move Together	9:00-9:55 Cycle
9:35-10:30 Strength Train Together	10:05-10:30 Conditioning Together
10:40-11:40 Zumba	10:40-11:40 Defend Together

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