



FOR YOUTH DEVELOPMENT<sup>®</sup>  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# #BESTSUMMEREVER

## LAUNCH DAY GROUP EXERCISE SCHEDULE

Hutcherson Family YMCA  
**SPECIAL ONE-DAY SCHEDULE**  
 Saturday July 13<sup>th</sup>

- 8:00 – 9:00 am      Indoor Cycling 101/ride (Clarence-Studio)
- 9:00 – 10:00 am    Cardio Blast (Brenda-Studio)
- 9:00 – 10:00 am    Aqua Exercise (Danta-Pool)
- 10:00 – 11:05 am    Strength Train Together (Tyron/Brenda B)
- 11:05 – 12:00 pm    Family Yoga (Studio)
- 12:00 – 1:00 pm     Family Zumba (Studio)

[ymcatulsa.org/classes](http://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 13<sup>th</sup>

HUTCHERSON FAMILY  
 YMCA

(918) 382-9622

Play & Learn Hours  
 8:00 am – 1:15 pm

