



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## SPECIAL ONE-DAY SCHEDULE

Saturday July 13<sup>th</sup>

- |                  |  |
|------------------|--|
| 8:30 – 9:15 am   | Zumba (Group Ex Studio)                      |
| 9:30 – 10:30 am  | Cycle (Mind & Body)                          |
| 9:30 – 10:30 am  | Strength Train Together<br>(Group Ex Studio) |
| 10:45 – 11:45 am | Defend Together (Group Ex Studio)            |
| 10:45 – 11:45 am | Yoga (Mind & Body)                           |

[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>

OWASSO FAMILY YMCA  
(918) 272-9622

Play & Learn Hours  
8:15 am – 12:00 pm

