



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# #BESTSUMMEREVER

## LAUNCH DAY GROUP EXERCISE SCHEDULE

### Tandy Family YMCA

	Studio A	Studio B	Studio C	Studio E	Pool	Lobby
8:00 a.m.	8:15-9:10		8:00-8:55 Cycling	8:00-8:55 Bootcamp		
8:30 a.m.	Vinyasa Yoga	8:30-9:30 Strength Train Together				
9:00 a.m.			9:15-10:15 Cycling	9:15-9:45 Cond. Tog.		
9:30 a.m.	9:30-10:25 Gentle Yoga	9:30-10:25 Cardio Step Together NEW!!!		9:45-10:15 Move Together		9:30-10:25 Defend Together
10:00 a.m.						
10:30 a.m.		10:30-11:30 Strength Train Together	10:30-11:15 Cycling 101	10:30-11:25 Zumba	10:30-11:30 Aqua Tabata	10:45-11:15 Cardio Step Tog. Express
11:00 a.m.						
11:30 a.m.		11:30-12:15 Strength Train Together 101				11:45-12:15 Cardio Step Tog. Express
12:00 p.m.						

## 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>

TANDY FAMILY YMCA

(918) 280-9622

[ymcatulsa.org/classes](http://ymcatulsa.org/classes)

Play & Learn Hours  
8:30 am -1:00 pm

