



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING INTO ACTION

Launch Day Group Exercise Schedule TANDY FAMILY YMCA

Be the first to experience the new releases for Strength Train Together, Defend Together, Move Together, Conditioning Together, and WATERinMOTION! Plus, try our new MX-4 Small Group Training! MX4 is a fresh, motivating exercise experience that delivers results you can see. 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 8:30a.m.—1:00p.m. Check the app schedule for instructor names!

Special One-Day Launch Schedule:

8:00 a.m.			8:00-8:55 Cycling	8:00-8:55 Bootcamp			
8:30 a.m.	8:15-9:10 Vinyasa Yoga	8:30-9:30 Strength Train Together (STT)					
9:00 a.m.							
9:30 a.m.	9:30-10:25 Gentle Yoga	9:30-10:15 STT 101	9:15-10:15 Cycling	9:15-9:45 Cond. Tog.	9:30-10:25 Defend Together	9:30-10:25 WATERinMOTION	9:30-11:30 MX-4 Small Group Challenge: Try it out for free! Waves beginning every 5 minutes. Stay 1 round—or 4!
10:00 a.m.				9:45-10:15 Move Together			
10:30 a.m.	10:30-11:10 Youth Yoga 101 (ages 4-6)	10:30-11:30 Strength Train Together (STT)	10:30-11:15 Cycling 101	10:30-11:25 Zumba	10:30-11:15 Defend 101	10:30-11:30 Aqua Tabata	
11:00 a.m.	11:15-12:00 Youth Yoga 2.0 (ages 7+)						
11:30 a.m.				11:30-12:30 Strong by Zumba NEW!!!			
12:00 p.m.							

WHEN: Saturday, April 13th

Location: TANDY FAMILY YMCA
cpaige@ymcatulsa.org or (918) 280-9622
ymcatulsa.org/classes

