



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING INTO ACTION!

## Launch Day Group Exercise Schedule OWASSO FAMILY YMCA

Be the first to experience the new releases for Strength Train Together and Defend Together! Plus, try Cycle, Pound and Yoga. You are welcome to join us at 8:30am for Strength Train Together 101 where you will learn how to set up your barbell, proper form and tips to make your workout the best! 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 8:15a.m.—11:45 a.m.

### Special One-Day Launch Schedule:

#### Studio Group EX Room

8:30am – 9:00am STT 101  
9:15 am – 10:15am STT  
10:30am – 11:30am Defend Together

#### Mind and Body Room

8:30am – 9:00am Pound  
9:15am – 10:15am Cycle  
10:30am – 11:30am Yoga

**WHEN:** Saturday, April 13th, 2019

**Location:** OWASSO FAMILY YMCA  
ttucker@ymcatulsa.org or (918) 272-9622  
ymcatulsa.org/classes

