



YWCA East Community Center Land
Group Fitness Studio @ YWCA East Community Center
June 1st - June 30th

8145 East 17th St.
Tulsa, OK 74112
918-587-2100

	MON	TUE	WED	THU	FRI	SAT	SUN
9am		Yoga Julie Clemons 9am - 10am		Yoga Julie Clemons 9am - 10am			
10am		Core Blast Devon Elmore 10:15am - 11:15am	STRONG by Zumba® Devon Elmore 10:15am - 11:15am	Core Blast Devon Elmore 10:15am - 11:15am		ZUMBA® Raquel Hernandez 10am - 11am	
11am	ZUMBA® Sofia Popova 11am - 12pm			ZUMBA® Raquel Hernandez 11:30am - 12:30pm	ZUMBA® Raquel Hernandez 11am - 12pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



Class Descriptions YWCA East Community Center

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STRONG by Zumba® - STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to music to match every single step. In a one hour class you will burn calories while toning arms, legs, abs and glutes.

Core Blast - This class focuses on a core workout with the repetition of low impact moves.

ZUMBA® - A Latin inspired dance workout fusing high energy Latin moves and rhythms.