



OKC PARKS

FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	1 Body Burn 7:15am-8am, 12:15pm-1pm Kickboxing with Luis 9am-9:45 Water Aerobics 11am-12pm Line Dance 7pm-8pm	2 OKC Parks Basketball League 8am-3pm Water Aerobics 11am-12pm Kids Dance (age 4-17) 3pm-5pm
4 Body Burn 7:15am-8am, 12:15pm-1pm Chair Stretch 9:30am-10am Water Aerobics 11am-12pm Fundamental basketball 6pm-7pm Hip-Hop Dance 6pm-7pm Yoga 7pm-8pm	5 Pickleball 8am-11am Yoga 9:30am-10:30pm Swing Dance 6pm-7pm Pickleball 6pm-7:30pm Kids Pickleball 7pm-7:45pm Hip Hop Dance 7pm-8pm	6 Body Burn 7:15am-8am, 12:15pm-1pm Kickboxing with Luis 9am-9:45 Chair Stretch 9am-9:30am Water Aerobics 11am-12pm Line Dance- 1pm- 2pm Fundamental basketball 6pm-7pm	7 Yoga 9:30am-10:30am Pickleball 8am-11am Swing Dance 6pm-7pm Drop in Volleyball 5pm-6pm Yoga 7pm-8pm	8 Body Burn 7:15am-8am, 12:15pm-1pm Kickboxing with Luis 9am-9:45 Water Aerobics 11am-12pm Line Dance 7pm-8pm	9 OKC Parks Basketball League 8am-3pm Water Aerobics 11am-12pm Kids Dance (age 4-17) 3pm-5pm
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Hip-Hop Dance \$5

(free with Gold Membership)

A dynamic fusion of rhythm, style, and self-expression that brings the energy of the streets to the dance floor. If you're passionate about music, movement, and creativity, this is the program for you. Get ready to groove, move, and embrace your inner dancer as we dive into the vibrant world of HipHop!

Basketball FUN-damentals \$5

(free with Gold Membership)

In the Basketball FUN-damentals class, participants will have the opportunity to learn and develop essential basketball skills while having a great time. Throughout the course, participants will be introduced to various aspects of basketball, including dribbling, shooting, passing, and defense. Emphasis will be placed on proper technique, individual skill development, and understanding the fundamental concepts of the game.

Evening Adults Yoga \$5

(free with Gold Membership)

Welcome to our rejuvenating and empowering Adult Yoga Program – your pathway to discovering inner peace, physical well-being, and a balanced life. Our carefully crafted yoga classes cater to adults of all ages and experience levels, providing a supportive and nurturing environment where you can embark on a trans-formative journey

Swing Dance (Adult) \$5

(free with Gold Membership)

This exhilarating dance style

originated in the early 20th century and has continued to captivate dancers with its lively moves, infectious music, and vibrant spirit. Whether you're a seasoned dancer or a complete beginner, our Swing Dance program welcomes all ages and skill levels, promising an unforgettable dance experience!

Chair Stretch- \$5

(free with Gold Membership)

This class is designed to enhance flexibility, relieve tension, and promote overall well-being. Whether you're a beginner or looking for a low-impact option, instructors will guide you through a series of seated and standing stretches, helping you improve mobility and leave feeling refreshed. Embrace the soothing benefits of stretching without the need for a mat – just pull up a chair and unwind in this accessible and inclusive class suitable for all fitness levels

Line Dancing \$5

(free with Gold Membership)

Our Line Dancing class provides a fun and social environment where you can learn a variety of line dances, from country to pop. Our experienced instructors will guide you through each routine, helping you to improve your coordination and confidence on the dance floor.

Morning Yoga \$5

(free with Gold Membership)

Welcome to our rejuvenating and empowering Adult Yoga Program – your pathway to discovering inner peace, physical well-being, and a balanced life. Our carefully crafted yoga classes cater to

adults of all ages and experience levels, providing a supportive and nurturing environment where you can embark on a transformative journey.

Pickleball \$2

(free with Gold Membership)

A fast-paced and thrilling racket sport that combines elements of tennis, badminton, and ping pong. Pickleball has quickly become one of the most popular recreational activities, attracting players of all ages and skill levels.

Drop - In Volleyball \$2

(free with Gold Membership)

This class provides a supportive and fun environment where participants can develop their volleyball abilities, enhance teamwork skills, and foster a love for the sport. Throughout the program, participant will receive comprehensive training in the fundamental aspects of volleyball, including serving, passing, setting, hitting, and team strategies.

Kids Dance \$5

(free with Gold Membership)

The Kids Dance Program is an energetic and creative dance experience designed to introduce children to the joy of movement, music, and self-expression through various dance styles. This program is tailored specifically for kids, providing a supportive and inclusive environment where they can develop their dance skills, build confidence, and have fun with their peers.

Water Aerobics \$5

(free with Gold Membership)

Get ready for a fun and

energizing workout with our instructor-led Aqua Fitness class! Join us for a dynamic aquatic fitness experience. Suitable for individuals ages 16 and above, this invigorating workout is low-impact, joint friendly, and great for all fitness levels. Our certified instructors will guide you through a variety of exercises that target strength, cardiovascular endurance, and flexibility. Feel the resistance of the water as you engage your muscles and increase your stamina. Whether you're a beginner or a seasoned athlete, our water aerobics classes offer a full-body workout that will leave you feeling refreshed and revitalized. Jump in and make a splash towards a healthier you!

Body Burn \$5

(free with Gold Membership)

This HIIT class includes both strength and conditioning to maximize your time at the gym! A full-body workout that will get your heart pumping while learning essential movements. This class will alternate between weights, cardio, and brief rest periods to help you build up a sweat in only 45 minutes. No experience needed and will work with your fitness level.

Kickboxing with Luis \$5

(free with Gold Membership)

Get ready for a fun and A fun cardio-based class while learning simple striking techniques. Come join us to get a good sweat and workout in 45 min or less. No experience needed and will work with your fitness level.

Program Details:

All Classes Require a minimum number of students. The Willa D Johnson Recreational Center May find it necessary to cancel, combine, change times or dates, or revise programs. programs/ classes will not meet during the City of Oklahoma City in-service days, or City Approved Holidays. Willa D. Johnson

Contact Info Address:

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Questions regarding programs please contact Temesgen Hands
Call: 405-297-3215 or
email: temesgen.hands@okc.gov



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