

*Celebrate Your
Special Occasion
at Central*



Having a wedding reception, reunion, training seminar or corporate function? We can help! With our multipurpose rooms and media amenities we can accommodate many event needs. Contact the staff for our rental rates and availability.

BUILDING HOURS

Monday	8:30a.m.-8:00p.m.
Tuesday	8:30a.m.-8:00p.m.
Wednesday	8:30a.m.-8:00p.m.
Thursday	8:30a.m.-8:00p.m.
Friday	8:30a.m.-5:00p.m.
Saturday	9:00a.m.-1:00p.m.

**Check out Tulsa Parks
online at
www.tulsaparks.org
for classes and
programs offered for
all of our parks and
community centers!**



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Classes for
Spring/Summer
2010



Central Center
1028 East 6th St.
Tulsa, OK 74120
Phone: 596-1444



Zumba

A fun paced dance aerobics paired with Latin flare! Zumba is a great way to get in your daily fitness.

Instructor: Daphne Pharis

Mon. & Wed., 5:30-6:30p.m.

Cost: \$25/month.

Tae Kwon Do

Learn self defense while receiving a great physical workout with Tae Kwon Do. Students are taught basic techniques, forms, sparring and board-breaking. For ages 7 & older.

Instructor: Jason McAdams

Tuesdays, 6:30-8:00p.m.

Cost: \$20/month.

Tai Chi

Tai Chi teaches balance, posture, improves patience, coordination, breathing and memory. It helps adjust one's weight, increases both mental and physical stamina, and helps allow one to remain calm at stressful moments.

Instructor: Nancy Anderson

Fri. & Sat., 11:00-11:45a.m.

Cost: FREE

Yoga

Learn the classic Sun Salute and other poses in a quiet atmosphere. Mats and props supplied. For ages 18 & older.

Instructor: Patricia Rodriguez.

Tue. 5:45-7:15p.m.

Sat., 9:15-10:45a.m.

Cost: \$40/month.

Social Bridge

A fun, social and competitive game of bridge. Partners are not required. New players must have a working knowledge of Bridge.

Mondays, 11:00a.m-3:00p.m.

Cost: FREE.

Woodcarvers

This is an activity for the novice to the pro. Participants work on various projects. Supplies are not included.

Thursdays, 6:00-8:00p.m.

Cost: FREE.

Ceili Irish Dance

Learn traditional Irish dances with this fun group! All ages welcome.

Mondays, 7:00-8:30p.m.

Cost: FREE

Fitness Room

For your toning and cardiovascular workout, come to Central! Ages 18 & over. Open during building hours.

Cost: \$15/month or \$2 drop-in fee.

60 & older are FREE!

Strength & Balance Training

Get a complete cardiovascular and fitness workout with our personal trainer, Kendra. Geared for those 55 and older, but all are welcome. For Balance Training, visit with Kendra about your balance concerns and she will evaluate your needs.

Tue. & Thu., 1:00-3:00p.m.

Cost: Fitness Room Pass (see above)

Or \$2 drop-in fee. 60 & older are FREE!

Square Dance

Come enjoy one of America's original folk dance styles. Caller Mike McHenry leads "The Rushing Stars" Square Dance Club, one of Tulsa's oldest clubs. Partners and singles welcome. Ages 16 & over.

Wednesdays, 1:00-3:00p.m.

Cost: \$3