

BUILDING HOURS

Monday	9 a.m. - 5 p.m.
Tuesday	9 a.m. - 8 p.m.
Wednesday	9 a.m. - 5 p.m.
Thursday	9 a.m. - 7 p.m.
Friday	9 a.m. - 5 p.m.
Saturday	9 a.m. - 1 p.m.
Sunday	Closed

Central is closed:

Monday, September 6 | Labor Day

Thursday, November 11 | Veterans Day

Thursday-Friday, November 25-26 | Thanksgiving

Building hours are subject to change.



@CentralCenterTulsa

@TulsaParks

Check out TulsaParks.org for classes and programs offered at all of our parks and community centers!



The City of Tulsa's Park and Recreation Department remains committed to ensuring the safety of our staff and residents, and continues to consult with the Tulsa Health Department and CDC.

Please note the following temporary practices and protocols are in place at our center:

- Building hours and programs are subject to change in response to health guidance and protocols, including additional restrictions, rescheduling and/or cancellations.
- Online registration is available at www.tulsaparks.org and is the preferred method of enrollment and payment for most programs and events to reduce your wait times and increase safety for everyone.
- Masks are not required at this time at Central Center for those that have received the full vaccine and are practicing safe distancing during classes and programs.

Additional updates will be communicated by center staff as well as posted online to our website and social media accounts.

Central Center in Centennial Park Event Space

Having a wedding, reception, birthday, or corporate event? Central Center is the venue for you. Central Center has multi-purpose rooms, industrial size prep kitchen, and auditorium ready to meet your event needs. Hourly rates and package rates available. Contact Central staff for more information.

*Note: Due to current COVID-19 restrictions, changes have been made to some areas of our rental rules & regulations, such as lowered capacities and rentable areas. Please contact Central Center staff for current and changing protocols.

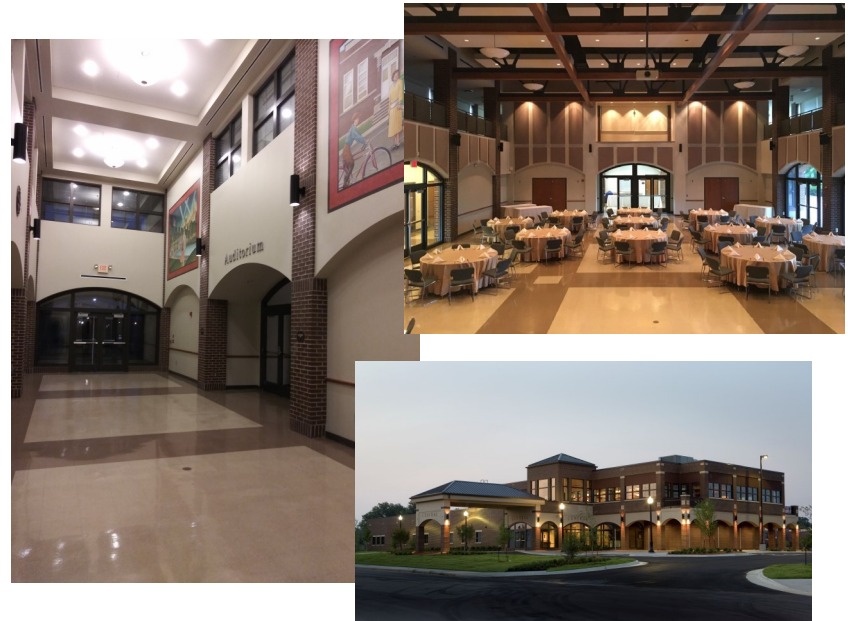
Central Center in
Centennial Park
1028 E. 6th St.
Tulsa, OK 74120
Ph: (918) 596-1444
Customer Care: 311

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Health & Fitness cont.

Healthy Eating & Nutrition Program



OSU EXTENSION
COMMUNITY NUTRITION
EDUCATION PROGRAMS

Learn the ways to a proper diet through healthy eating and food awareness in this 9-session afternoon course. Topics will include meal planning, MyPlate, portion sizes, and much more.

Instructor: Kindel Maymi

Tuesdays, Sept. 14-Nov. 9, 2-3 p.m.

Cost: Free, Enrollment is limited

DEEP

Diabetes Empowerment Education Program

This workshop will teach you the practical skills on managing your diabetes. It will give you the confidence and motivation you need to manage the challenges of living with a chronic health condition.

Class topics covered will include:

- Understanding risk factors
- Controlling Diabetes through nutrition
- Appropriate medication use
- And much more!

For more information, contact Sandie Sullivan at Ability Resources, (918) 592-1235. There will be a mandatory preview session for participants held Wednesday, September 22 at 2 p.m.

Instructor: Sandie Sullivan

Wednesdays & Fridays, 2-3:30 p.m.

Cost: Free, Enrollment is limited

Music & Dance

Accordion Band

This group meets for practice every month. If you are an accordion player and wish to look into joining this group, feel free to drop by and chat with the members. Band members must be able to read music.

Tuesdays, 9:30-11:30 a.m.

Cost: Free



Move & Groove with "Redprint"

Join this fun and energetic class where you will not only learn the latest hip-hop moves, but have a great time making new friends.

Instructor: Darick Williams - AKA "Redprint"

Tuesdays & Thursdays, 1:30-4:30 p.m.

Cost: Tulsa Residents: First class, \$6, \$40/6 classes.

Non-Residents: First class, \$7.50. \$50/6 classes.



Swing Dance Class

Learn the steps and moves to become a great swing dancer with this no frills, easy-to-follow dance class. New social distancing and safety measures are currently in place. Ages 12 & over.

Instructor: by Pam Butler

Thursdays, 5-8 p.m.

Cost: \$5



We are just a  Lime away from Downtown!

Fall Classes & Programs

Master Your Makeup

Learn everything from basic makeup skills to creating the perfect “smoky eye” in this four week course. There will even be a fun Halloween makeup tutorial. Come and hone your makeup skills! Please bring your own makeup. For the required makeup list, please contact Anna Moore at amoore@cityoftulsa.org.

Instructor: Anna Moore

Thursdays, Oct. 21-Nov.18, 10-11:30 a.m.

Cost: Tulsa Residents: \$40.

Non-Residents: \$50.



Let's Get Smart with Your Smart Devices

Join us every second Tuesday of the month to learn the “in’s and out’s” of your smart devices.

Instructor: Megan Buyckes

Every Second Tuesday, 11 a.m. - Noon

Sept. 7th - Iphone Class

Oct. 5th - Tablet Class

Nov. 9th - Smart Phone Class

Cost: Free



Osher Lifelong Learning Institute



OSU OLLI holds continuing education classes at Central Center. Contact Osher Lifelong Learning Institute for schedules, classes, and to enroll.

www.okstate.edu/education/olli

Health & Fitness

Fitness Room

Open during regular building hours for toning and cardiovascular workouts.

Cost: Tulsa Residents: \$2 drop-in or \$15/20 visits.

Non-Residents: \$3 drop-in or \$19/20 visits.

Patrons 55+ are FREE.

Please Note: Per our COVID-19 protocols, the Fitness Room we only allow 4 patrons in the room at one time. Fitness Room is open during regular business hours, but are subject to change.

Get Up & Get Fit

Start your days off right with these twice-a-week morning workouts! Monday classes are full-body chair workouts to help improve balance, stability, and foundation. Wednesday classes are full-body workouts focused on cardiovascular strength and bone health.

Instructor: Megan Buyckes

Mondays & Wednesdays, 9-10 a.m.

Cost: Tulsa Residents: \$4 drop-in or \$10/6 classes.

Non-Residents: \$5 drop-in or \$13/6 classes.



POUND Workout Class



Channel your inner Rockstar with this cardio jam session inspired by the energizing, infectious and sweat-dripping fun of playing drums.

Instructor: Angela Schoenrock.

Tuesdays, 6:15-7:15 p.m.

Cost: Tulsa Residents: \$5 drop-in or \$35/10 classes.

Non-Residents: \$6 drop-in or \$40/10 classes.