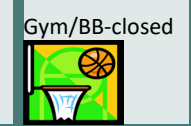
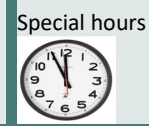
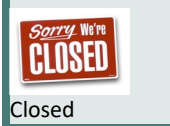
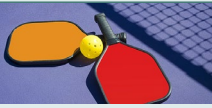









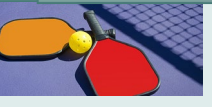










Bearskin Fitness Center
 #1 Turtle Drive
 Wyandotte, OK 74370



April [2023]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	27	28 Pickle ball 5:00-7 Half Court 	29	30 Pickle ball 5:00-7 Full Court 	31	1  Gym reserved 11:00-4pm	2  Gym reserved 2-4pm
	3	4 Pickle ball 5:00-7 Half Court 	5	6 Pickle ball 5:00-7 Full Court 	7 	8  Gym reserved 11:00-4pm	9  
Week 3	10	11 Pickle ball 5:00-7 Half Court 	12	13 Pickle ball 5:00-7 Full Court 	14	15  Gym reserved 2:00-4pm	16
	17	18 Pickle ball 5:00-7 Half Court 	19	20 Pickle ball 5:00-7 Full Court 	21	22  Gym reserved 2:00-4pm	23
Week 5	24	25 Pickle ball 5:00-7 Half Court 	26	27 Pickle ball 5:00-7 Full Court 	28	29  Gym reserved 2:00-4pm	30

All gym members - classes are free!

Monday - Water Volleyball Time: 8:00-9:00am (Cost: \$2 per class or \$15 a month non- members)

Water! Water! Water! Time: 9:00-9:30am/Volleyball 9:30-10am (Cost: \$2 per class or \$15 a month non- members)

SilverSneakers(MSROM)- Time: 10:15-11:00 (Cost: \$2 for non-members/ members Free)

Kids Swim Time: 2-4; 6-8pm Cost: \$2 non –member) (Tribal members & Family membership kids are free.)

Tuesday – Shallow Water Aerobics – 9:00am-10:00am ((Cost: \$2 per class or \$15 a month non-members)

Arthritis class (Pool) - Time: 10:00-11:00 am (Cost: \$2 for non-members/ members Free)

Yoga Fusion-Time: 12:10pm-12:40pm (Cost: \$2 for non-members/members Free) **Ends April 13thNew 6weeks starts 4/45!**

Body Boot camp- Time: 5:15pm-5:45pm (Cost: \$2 for non-members/members Free) **Ends April 13thNew 6weeks starts 4/45!**

Kids Swim Time: 2-4; 6-8pm Cost: \$2 non –member) (Tribal members & Family membership kids are free.)

Pickle ball- Time 5:00-7:00pm (Cost: Free for members; non-members \$2 fee) **Half Court Only**

Wednesday - Water Volleyball Time: 8:00-9:00am (Cost: \$2 per class or \$15 a month non- members)

Water! Water! Water! Time: 9:00-9:30am/Volleyball 9:30-10am (Cost: \$2 per class or \$15 a month non- members)

SilverSneakers(MSROM)- Time: 10:15-11:00 (Cost: \$2 for non-members/ members Free)

Batting Cage- By appointment only: 5:30pm-8:30pm

Kids Swim Time: 2-4; 6-8pm Cost: \$2 non –member) (Tribal members & Family membership kids are free.)

Thursday – Yoga Fusion- Time: 5:30am-6:00am (Cost: \$2 for non-members/ members Free) **Ends April 13thNew 6weeks starts 4/45!**

Shallow Water Aerobics – 9:00am-10:00am (Cost: \$2 per class or \$15 a month non-members)

Arthritis Foundation (Pool) - Time: 10:00-11:00 Am (Cost: \$2 for non-members/ members Free)

Yoga Fusion- Time: 12:10pm-12:40pm (Cost: \$2 for non-members/members Free) **Ends April 13thNew 6weeks starts 4/45!**

Body Boot camp- Time: 5:15pm-5:45pm (Cost: \$2 for non-members/members Free) **Ends April 13thNew 6weeks starts 4/45!**

Pickle ball- Time 5:00-7:00pm (Cost: Free for members; non-members \$2 fee) **Full Court**

Kids Swim Time: 2-4; 6-8pm Cost: \$2 non –member) (Tribal members & Family membership kids are free.)

Friday- Kids Swim Time: 2-4pm; 6-8pm Cost: \$2 non –member) (Tribal members & Family membership kids are free.)

Saturday- Open gym- 8am-2pm

Starting May 1, Daycare will be closed on Sundays. Opens back up September 1, 2022

Please watch our monitor for holiday hours & special events!!! Check us out on [Facebook!!](#)Any questions about any of our fitness classes please ask a staff member!!!