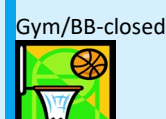
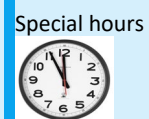
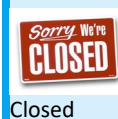
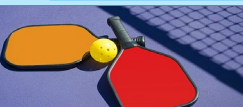


Bearskin Fitness Center
#1 Turtle Drive
Wyandotte, OK 74370



July [2026]

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

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!!!

All gym members - Classes are free!

Monday - Water Volleyball Time: 8:00-9:20am (Cost: \$2 per class non- members/members free)

SilverSneakers(MSRM)- Time: 10:15-11:00 (Cost: \$2 per class for non-members/ members free) **IN GYM**

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

Tuesday – Shallow Water Aerobics –Time: 9:00am-10:00am (Cost: \$2 per class non-members/members free) **Ends July 16th**

Zumba Fitness- Time: 9:30am-10:00am (Cost: \$5 per class non-members/ members Free) **LOCATION- BASEMENT**

Pilates X Strength – Time: 10:00am-10:30am (Cost: \$2 per class non-members/ members Free) **LOCATION- BASEMENT**

Arthritis Class (Pool) - Time: 10:00-11:00 am (Cost: \$2 per class non-members/ members Free) **Ends July 16th**

Kids Swim Time: 2-4pm; 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**

Wednesday - Water Volleyball Time: 8:00-9:20am (Cost: \$2 per class non- members/members free)

Shallow Water Aerobics- Time: 9:30-10am (Cost: \$2 per class non- members/members free) **Ends July 16th**

SilverSneakers(MSRM)- Time: 10:15-11:00 (Cost: \$2 for non-members/ members Free) **IN GYM**

Yoga Fusion- Time: 12:05-12:25pm (Cost: \$2 per class non-members/ members Free) **LOCATION IN BASEMENT- SESSION BEGINS JUNE 17TH**

Spin Class- Time: 12:30-1pm & 4:30-4:50pm (Cost: \$2 per class non-members/ members Free) **LOCATION IN BASEMENT- SESSION BEGINS JUNE 17TH**

Body Boot Camp- Time: 5:00pm-5:30PM (Cost: \$2 per class non-members/ members Free) **LOCATION IN BASEMENT- SESSION BEGINS JUNE 17TH**

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

Batting Cage- schedule with staff

Thursday – Shallow Water Aerobics –Time: 9:00am-10:00am (Cost: \$2 per class non-members/members free) **Ends July 16th**

Zumba Fitness- Time: 9:30-10:00am (Cost: \$5 per class non-members/ members Free) **LOCATION- BASEMENT**

Pilates X Strength – Time: 10:00am-10:30am (Cost: \$2 per class non-members/ members Free) **LOCATION- BASEMENT**

Arthritis Class (Pool) - Time: 10:00-11:00 am (Cost: \$2 per class non-members/ members Free) **Ends July 16th**

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

Kids Swim Time: 2-4pm; 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.)

Yoga Fusion- Time: 12:05-12:25pm (Cost: \$2 per class non-members/ members Free) **LOCATION IN BASEMENT- SESSION BEGINS JUNE 17TH**

Spin Class- Time: 12:30-1pm & 4:30-4:50pm (Cost: \$2 per class non-members/ members Free) **LOCATION IN BASEMENT- SESSION BEGINS JUNE 17TH**

Body Boot Camp- Time: 5:00pm-5:30pm (Cost: \$2 per class non-members/ members Free) **LOCATION IN BASEMENT- SESSION BEGINS JUNE 17TH**

Saturday- Open gym- 8am-2pm; 2-4pm gym is closed for event

Starting May 1, DayCare will be closed on Sundays. Opens back up September 1, 2025