SPRING 2016
FITNESS CLASSES
at the OU-Tulsa Fitness Center

Mondays
Yoga
Boot Camp
12:00 - 1:00pm
5:15 - 6:15pm

Tuesdays
Yoga
Zumba
12:00 - 1:00pm
5:15 - 6:15pm

Wednesdays
Yoga
Boot Camp
12:00 - 1:00pm
5:15 - 6:15pm

Thursdays
Yoga
Zumba
12:00 - 1:00pm
5:15 - 6:15pm
YOGA

at the Fitness Center
Monday through Thursday
12:00 - 1:00pm
with Kendra

Kendra is a wife, mother of two, and professional paralegal who uses yoga as a daily opportunity to practice reflection and stress relief. She is registered teacher through the Yoga Teacher Training program who enjoys sharing and honing her knowledge and practice of yoga through teaching.

All students, faculty, and staff welcome
BOOT CAMP
at the Fitness Center
Mondays and Wednesdays
5:15 - 6:15pm
with Treasa

Treasa is a married mother of two, sales support project controller by day, and group fitness personal trainer by early morning and night. She enjoys teaching a variety of classes such as Boot Camp, Pilates, Yoga, Total Body Conditioning, Tabata and Zumba. She is an SCW Certified Group Fitness Instructor, AFAA Certified Personal Trainer, Licensed Zumba instructor and a member of ZIN (Zumba Instructor Network). Her motto is “Work out today like you might not get to work out tomorrow”!

All students, faculty, and staff welcome
ZUMBA

at the Fitness Center
Tuesdays and Thursdays
5:15 - 6:15pm
with Tambra

Tambra Parker is a married mother of four, a licensed Zumba instructor, and a member of ZIN (Zumba Instructor Network).

She loves to share her passion for fitness with her students through teaching a total body fitness program that is full of dancing, body sculpting, and burning tons of calories!

All students, faculty, and staff welcome