

INDEPENDENT HEALTH AND THE YMCA PRESENT

FITNESS IN THE PARKS

CELEBRATING

10 YEARS!

**FREE COMMUNITY EXERCISE CLASSES
JUNE 1 TO SEPTEMBER 30**

Get moving this summer with the **10th season** of Fitness in the Parks!

FREE outdoor and online classes featuring Zumba®, Fusion, Barre, Pilates and more

18 parks across WNY with free parking

Over **500 classes** this summer, led by YMCA certified instructors

No registration required. Just show up!

– See Full Schedule on Reverse –

PRESENTED BY:



2021 FITNESS IN THE PARKS SCHEDULE

JUNE 1 TO SEPTEMBER 30

(No classes July 4 or September 6)

AMHERST

Bassett Park

Kickboxing: *Fri, 6 p.m.*

Garrison Park

Yoga: *Wed, 6 p.m.*

BUFFALO

Buffalo Niagara Medical Campus

Fusion: *Tue, 5:15 p.m.*

Buffalo RiverWorks

Fusion: *Wed, 5:30 p.m.*

Delaware Park

Yoga: *Sun, 10 a.m.*

Larkin Square

Kickboxing: *Mon, 6 p.m.*

Zumba: *Sat, 11:15 a.m.*

Outer Harbor Buffalo

(Wilkeson Pointe)

Yoga: *Tue, 6 p.m.*

Zumba: *Thu, 6 p.m.*

CHEEKTOWAGA

Losson Park

Zumba: *Tue & Thu, 10 a.m.*

JAMESTOWN

Allen Park

Fight (MMA): *Tue, 5 p.m.*

Centergy (Yoga/Pilates): *Wed, 3 p.m.*

Zumba: *Wed, 4 p.m.*

Hartley Park

(Lakewood Beach)

Pilates: *Mon, 11 a.m.*

Centergy (Yoga/Pilates): *Thu, 11 a.m.*

Lucille Ball Memorial Park

Zumba: *Fri, 5 p.m.*

Slow Flow Yoga: *Sun, 12:30 p.m.*

Centergy (Yoga/Pilates): *Sun, 1 p.m.*

Tracy Plaza

(City Hall)

Zumba and Pound: *Tue, 5:30 p.m.*

LANCASTER

Westwood Park

Yoga: *Mon, 6:30 p.m.*

Cardio Dance: *Wed, 6:30 p.m.*

LOCKPORT

Day Road Park

Zumba: *Wed, 5:30 p.m.*

Goehle Marina

(Widewaters Marina)

Barre: *Mon, 9:30 a.m.*

Pilates: *Thu, 9:30 a.m.*

OLCOTT

Krull Park

Sunset Yoga: *Tue, 7:45 p.m.*

Lakeside Yoga: *Thu, 6 p.m.*

Zumba: *Thu, 7 p.m.*

ORCHARD PARK

Chestnut Ridge

Yoga: *Tue, 6 p.m.*

TONAWANDA

Ellicott Creek Park

Yoga: *Thu, 6 p.m.*

For Your Safety: We're taking extra precautions and following New York state safety protocols for all outdoor classes to ensure a safe and welcoming environment for all.

ONLINE CLASS SCHEDULE

Fusion: *Mon, 6 p.m.* | **Low Impact Circuit:** *Wed, 8 a.m.* | **Low Impact Cardio:** *Thu, 10 a.m.* | **Yoga:** *Fri, 12:30 p.m.*

Classes will stream live on the YMCA Buffalo Niagara's Facebook page.

For more information, including class descriptions, visit independenthealth.com/fitpark

Please note: Cancellations will be listed on the YMCA's Facebook page.