





Free Fitness 5 Days a Week  
in Civic Center Park!

MON	TUES	WED	THU	FRI
APR 29	30	MAY 1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31
JUN 3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

 No Lunchtime Class

 No Class Scheduled

## Class Schedule: April – June 2019

**Monday Night *Power Vinyasa Yoga***  
with The River  
6:00 - 7:00 pm | Great Lawn

**Tuesday Lunchtime *Workout Roulette***  
with Compass Fitness  
12:15 - 1:00 pm | Great Lawn

**Wednesday Morning *Bootcamp***  
with The November Project  
5:30 - 6:15 am & 6:15 - 7:00 am

*1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, meet at State Capitol Steps  
2<sup>nd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> Wednesdays, meet in Greek Theater*

**Wednesday Lunchtime *Hip Hop + Groove***  
with Breaking Barriers (*starts 6/5*)  
12:15 - 1:00 pm | Great Lawn

**Thursday Lunchtime *Yoga Cross***  
with The River & Fitness in the City  
12:00 – 1:00 pm | Broadway Terrace

**Friday Lunchtime *Workout Roulette***  
with Compass Fitness  
12:15 – 1:00 pm | Great Lawn

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