



Free Fitness 5 Days a Week
in Civic Center Park!

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

 No Class Scheduled

Class Schedule: July - Aug 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
1st & 3rd Wednesdays, meet at State Capitol Steps
2nd, 4th, & 5th Wednesdays, meet in Greek Theater

Wednesday Lunchtime *Hip Hop + Groove*
with Breaking Barriers
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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