

INDEPENDENT HEALTH AND YMCA BUFFALO NIAGARA PRESENT

FITNESS

IN THE

PARKS

6 YEARS OF FITNESS + FUN!



**FREE COMMUNITY EXERCISE CLASSES
JUNE 4 TO AUGUST 26**

Get moving this summer with Fitness in the Parks!

FREE 60-minute classes led by YMCA certified instructors

21 parks across WNY – NEW locations include Outer Harbor Buffalo!

Over 400 classes – including NEW Classes like Pound®, FreeStyle Barre and BollyX

FREE parking at all locations

No registration required. Just show up!

– See Full Schedule on Reverse –

Presented by:



2017 FITNESS IN THE PARKS SCHEDULE

– JUNE 4 TO AUGUST 26 –

Check Out Several New Classes and Locations this Summer!

AMHERST

Bassett Park

Zumba®: Mon, 6 p.m.

Cardio Kickboxing: Fri, 6 p.m.

Garrison Park

Boot Camp: Wed, 6 p.m.

Yoga: Wed, 7:15 p.m.

BUFFALO

Bidwell Park

Yoga: Sat, 10 a.m.

Buffalo Niagara

Medical Campus

(Colby Park at Buffalo

General Medical Center)

Yoga: Wed, 5:30 p.m.

Buffalo RiverWorks

FreeStyle Barre: Sat, 10 a.m.

Delaware Park

Yoga: Sun, 10 a.m.

(near Rose Garden)

Youth Circuit: Tue, 6 p.m.

(Amherst/Colvin Green Space)

Larkin Square

Yoga: Mon, 5:30 p.m.

Cardio Kickboxing: Thu, 5:30 p.m.

Outer Harbor Buffalo **NEW!**

(Wilkeson Pointe)

Power Pilates: Tue & Thu, 6 p.m.

CHEEKTOWAGA

Town Park

BollyX: Tue, 10 a.m.

Zumba®: Thu, 10 a.m.

CLARENCE

Main Street Park

BollyX: Fri, 9:30 a.m.

JAMESTOWN

Allen Park

Bodyweight Strength Training:

Tue, 9 a.m. (at playground)

Pound®: Tue, 12:10 p.m.

(at bandshell)

Family Zumba®: Thu, 6:30 p.m.

(at bandshell)

Edward F. Loomis Park **NEW!**

(Ashville)

Boot Camp: Tue & Fri, 5:45 a.m.

Hartley Park

(Lakewood Beach)

Pilates: Mon, 11 a.m.

Gentle Tai Chi: Tue, 6 p.m.

LANCASTER

Westwood Park

Yoga: Mon, 6:30 p.m.

Zumba®: Wed, 6:30 p.m.

LEWISTON

Artpark

Zumba®: Sat, 10 a.m.

LOCKPORT

Day Road Park

Pilates: Wed, 8:45 a.m.

Zumba®: Tue & Thu, 6 p.m.

Goehle Marina

Zumba®: Mon, 5 p.m.

Cardio Kickboxing: Mon, 6 p.m.

Boot Camp: Wed, 6 p.m.

OLCOTT

Krull Park **NEW!**

Zumba®: Wed, 7 p.m.

Sunset Yoga: Wed, 8 p.m.

ORCHARD PARK

Chestnut Ridge

Yoga: Tue, 6 p.m. (6/6–7/11)

Zumba®: Tue, 6 p.m. (7/18–8/22)

New Era Field

Boot Camp: Mon, 6 p.m.

(6/5, 6/12, 6/19, 7/10, 7/17, 7/24)

TONAWANDA

Ellicott Creek

Yoga: Thu, 6 p.m.



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

Please note: Day-of cancellations, due to rain or poor weather, will be listed at ymcabn.org.