

INDEPENDENT HEALTH AND THE YMCA PRESENT

FITNESS

IN THE

PARKS

12 YEARS OF FITNESS + FUN

GET FIT FOR FREE STARTING JUNE 1

FREE outdoor classes featuring Zumba®, Fusion, Barre, Pilates, Kickboxing Boot Camp, Yoga, and more!

26 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:



2023 FITNESS IN THE PARKS SCHEDULE

JUNE 1 TO AUGUST 31

(No classes July 4)

AMHERST

Bassett Park

* Kickboxing Boot Camp: Tue, 6 p.m.

Yoga: Fri, 6 p.m.

No class July 7

Garrison Park

Yoga: Wed, 5:30 p.m.

Zumba®: Wed, 6:30 p.m.

University at Buffalo

(South Lake Village Apartments)

Yoga: Tue, 12:30 p.m.

Class ends August 15

BUFFALO

Bidwell Park

PiYo: Sat, 10:15 a.m.

Buffalo RiverWorks

Fusion: Mon, 5:30 p.m.

Delaware Park

Yoga: Sun, 10 a.m.

Larkin Square

Cardio Kickboxing: Mon, 6 p.m.

Zumba®: Sat, 10 a.m.

Outer Harbor Buffalo

Yoga: Tue & Thu, 6 p.m.

* Walking Club: Fri, 1:30 p.m.

Roosevelt Park

Yoga: Fri, 5 p.m.

CHEEKTOWAGA

Cheektowaga Town Park

Core & More: Tue & Thu, 10 a.m.

Losson Park

Zumba®: Tue & Thu, 9:30 a.m.

CLARENCE

Clarence Town Park

Cardio Interval: Fri, 10 a.m.

JAMESTOWN

Hartley Park

(Lakewood Beach)

Pilates: Mon, 11 a.m.

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

Lucille Ball Memorial Park

(Celoron Park)

Strength & Movement: Wed, 11 a.m.

LANCASTER

Westwood Park

Yoga: Mon, 6:30 p.m.

Cardio Interval: Wed, 6:30 p.m.

LEWISTON

Academy Park

Yoga: Sun, 10 a.m.

LOCKPORT

Day Road Park

Yoga: Mon, 9 a.m.

* Beginners Qigong: Tue, 6:30 p.m.

Yoga: Thu, 6:30 p.m.

Pilates: Fri, 9 a.m.

* Kids Yoga + Storytime: Fri, 10 a.m.

Goehle Marina

(Widewaters Marina)

Barre: Sun, 10 a.m.

Boot Camp: Thu, 9 a.m.

Outwater Park **NEW!**

Barre/Yoga: Mon, 7:30 p.m.

Pendleton Park

Yoga: Fri, 10 a.m.

OLCOTT

Krull Park

Zumba®: Wed, 6:30 p.m.

Yoga: Wed, 7:30 p.m.

ORCHARD PARK

ADPRO Sports Training Center

Boot Camp: Wed, 6 p.m.

Class ends July 26

Chestnut Ridge Park

Yoga: Tue, 6:15 p.m.

SOUTH BUFFALO **NEW!**

Cazenovia Park

Fusion: Wed, 5:30 p.m.

TONAWANDA

Ellicott Creek Park

Yoga: Thu, 6 p.m.

Isle View Park

Zumba®: Mon, 5:30 p.m.



Attend any class at
any park and receive
a FREE giveaway
(while supplies last),
courtesy of
Independent Health!

* Indicates New Class

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

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