

INDEPENDENT HEALTH AND THE YMCA PRESENT

FITNESS

IN THE

PARKS

13 YEARS OF FITNESS + FUN

GET FIT FOR FREE STARTING JUNE 3

FREE outdoor classes featuring Zumba®, Barre, Pilates, Cardio Dance, Tai Chi, 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:



2024 FITNESS IN THE PARKS SCHEDULE

JUNE 3 TO AUGUST 31

(No classes July 4)

AMHERST

Bassett Park

* Tai Chi: Tue, 6 p.m.

Yoga: Fri, 6 p.m.

Garrison Park

Zumba®: Wed, 5:30 p.m.

Yoga: Wed, 6:15 p.m.

University at Buffalo

(South Lake Village Apartments)

Yoga: Tue, 9:15 a.m.

BUFFALO

Bidwell Park

PiYo: Sat, 10:15 a.m.

Buffalo RiverWorks

* Circuit Training: Mon, 5:30 p.m.

Delaware Park

Yoga: Sun, 10 a.m. & Wed, 6 p.m.

Larkin Square

Zumba®: Mon, 5:30 p.m. &

Sat, 9:30 a.m.

Outer Harbor Buffalo

(Terminal B)

Yoga: Tue & Thu, 6 p.m.

No classes 7/9, 7/11, 7/18, 8/1 & 8/6

CHEEKTOWAGA

Cheektowaga Town Park

Yoga: Tue & Thu, 10 a.m.

Losson Park

Zumba®: Tue, 9:30 a.m.

* Cardio Dance: Thu, 9:30 a.m.

CLARENCE

Clarence Town Park

(Main Street Park)

Pilates: Fri, 10 a.m.

GASPORT **NEW!**

Royalton Ravine Park

* Yoga/Pilates/Fusion: Tue, 6 p.m.

GRAND ISLAND **NEW!**

Veterans Park

Yoga: Mon, 6 p.m.

Zumba®: Fri, 10:15 a.m.

No class 7/5

JAMESTOWN

Ellery Town Park **NEW!**

* Pound®: Thu, 5 p.m.

Hartley Park

(Lakewood Beach)

* Pound®: Tue, 5 p.m.

Lucille Ball Memorial Park

(Celoron Park)

* Walk to Better Health:

Tue & Thu, 10:30 a.m.

Strength & Movement: Wed, 11 a.m.

No classes 6/4, 6/5 & 6/6

LANCASTER

Westwood Park

Core & More: Mon, 6 p.m.

* Circuit Training: Wed, 6 p.m.

LEWISTON

Academy Park

Yoga: Sun, 10 a.m.

No classes 6/30, 7/14 & 7/28

LOCKPORT

Day Road Park

Yoga: Mon, 10 a.m. & Thu, 6:30 p.m.

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

Zumba®: Thu, 5:45 p.m.

LOCKPORT (cont'd)

Goehle Marina

(Widewaters Marina)

Barre: Sun, 10 a.m.

Pilates: Thu, 9:30 a.m.

* Meditation: Thu, 10:30 a.m.

Outwater Park

Yoga: Mon, 7 p.m.

Pendleton Park

Yoga: Fri, 10 a.m.

NIAGARA FALLS **NEW!**

LaSalle Waterfront Park

* Cardio Dance: Fri, 5:30 p.m.

ORCHARD PARK

Chestnut Ridge Park

Yoga: Tue, 6 p.m.

* Circuit Training: Thu, 6 p.m.

SOUTH BUFFALO

Cazenovia Park

* Circuit Training: Wed, 5:30 p.m.

TONAWANDA

Ellicott Creek Park

Core & More: Mon, 6 p.m.

Yoga: Thu, 6 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.