

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!

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**26 parks** across WNY with free parking

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Over **500 classes** this summer, led by YMCA certified instructors

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**No registration** required. Just show up!

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*– 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](https://independenthealth.com/fitpark)

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