

# Winfield Recreation Commission

# FITNESS

in the

# PARK

## 2019



## Saturday Mornings

8:00 - 9:00 a.m.

July 6th - August 24th

@ Island Park's

Performance Stage

**FREE**

Join the WRC for the new community Fitness in the Park Series! Every class is FREE, just bring a mat (extras will be available) and a water and be ready for a great workout in the beautiful setting of Winfield's Island Park. Various community fitness instructors will lead a different energizing workout, this is the perfect opportunity to try out a new workout routine, meet new people, and get healthy!

Date	Instructor	Workout
July 6th	Aritha Paris	Gentle Yoga
July 13th	Tara Sutton	Intro to Strength & Resistance Training
July 20th	Sarah Bryant	Zumba
July 27th	Callie Colgin	Country Heat
Aug. 3rd	Elizabeth Lanier	Total Body Toning
Aug. 10th	Nicole Thayer	Yoga
Aug. 17th	Jennifer Davis-Howard	Strong Boot Camp
Aug. 24th	Amanda Wood	Yoga

