

FITNESS in the PARKS

June 5 – August 27, 2023

Worcester Fitness in the Parks is a FREE 12-week program presented by the City of Worcester Department of Health and Human Services and Blue Cross Blue Shield of MA, in partnership with the YMCA of Central Massachusetts and YWCA of Central Massachusetts. The goal of this program is to create a healthier Worcester by providing residents with opportunities to engage in healthy eating, active living, and community building.

For any cancellations due to weather or schedule changes, please visit www.worcesterma.gov/summer-fitness. Park locations, dates and times are subject to change.

No classes the following holidays: June 19 (Juneteenth), July 3, July 4 (Independence Day)

Day	Time	Park	Class/Activity
Monday	12:00 p.m. - 1:00 p.m.	University Park	Hip Hop
Monday	5:30 p.m. - 6:30 p.m.	Crompton Park	Yoga
Monday	5:30 p.m. - 6:15 p.m.	Worcester Common	Bootcamp*
Tuesday	5:30 p.m. - 6:30 p.m.	Elm Park	Grounding & Balancing Meditation
Wednesday	7:30 a.m. - 8:15 a.m.	East Park	Realign & Relax
Wednesday	4:00 p.m. - 5:00 p.m.	Castle Park	Boxing
Thursday	7:30 a.m. - 8:15 a.m.	Lake Ave Park	Morning Mantra Meditation
Thursday	4:30 p.m. - 5:30 p.m.	Fuller Park	Sports Drills
Friday	4:30 p.m. - 5:30 p.m.	Worcester Common	HIIT
Saturday	9:30 a.m. - 10:30 a.m.	Fuller Park	Zumba

*Bootcamp begins June 12



The City of
WORCESTER
Health & Human Services

eliminating racism
empowering women
ywca
Central Massachusetts



WORCESTER STATE UNIVERSITY
LATINO EDUCATION INSTITUTE



Pernet Family Health Service, Inc.





CLASS DESCRIPTIONS



BOOTCAMP

This strength and conditioning class features different exercises and great music in each class. Not only will you increase your endurance, strength and condition, you will never get bored! Come with all your friends and make this a fun fitness meet-up event!

HIP HOP

Hip hop encompasses a wide range of street styles including breaking, locking and popping. This class for young beginners focused on developing rhythm and coordination while encouraging individual style. All levels are welcome!

SPORTS DRILLS

Sports drills are training through repeated exercise or repetition. This includes a series of ground balls, playing catch, practicing footwork, hitting, running the bases, or doing any other activity. All levels are welcome!

HIIT CLASSES

HIIT is an interval training exercise. It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements. All levels are welcome!

ZUMBA

Zumba is a Latin American choreography dance-rhythms style applied to music. Learn basic easy movement while having fun. This is a dance workout that looks and sounds more like a dance party. All levels are welcome!

YOGA

Designed for both beginner and experienced students who prefer a class at a relaxed pace. In this class, you will use postures and conscious breathing in combination with mental focus to develop awareness through proper alignment and mindfulness of the body.

BOXING

Boxing is a high-intensity workout that builds fitness, strength, and coordination for all levels. It's also a great calorie-burner. Boxing is primarily a cardio exercise, but it also strengthens the muscles in the core and lower body. Includes shadow boxing, ladder drills, simulated speed bag, and works on balance and core.

GROUNDING & BALANCING MEDITATION

End your day with a ground and balancing meditation connecting you into the electric magnetic pulse of earth. Grounding practices have been scientifically proven to increase the body's natural defenses and functions. Bringing balance to your mind and offering tranquility and relaxation to wind down your body and move you into flow

MANTRA MORNINGS

Come start your day enlivened with a mantra meditation supported by rhythm and vibration of sound healing. Both mantra and sound experiences have been proven to affect our mind, body and spirit and can shift the way we operate in the world. Begin your day embodying and embracing this potent energy leaving you ready to move forward feeling ignited.

REALIGN & RELAX

Join us in a light stretching class to start your day, followed by a sound bath.

Scan to register!



Other FREE Community Activities this Summer!

Whole Kids: Worcester Common, Saturday May 20th (rain date Sunday May 21st)
Double Dutch: Crompton Park, starting June 3rd from 10am-12pm every Saturday in June
Day of Play: Elm Park, Saturday June 17th
Worcester Public Library Community Block Party: Saturday, August 12th