

# FREE SUMMER FITNESS SERIES

**June 10 – August 31, 2024**

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 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](http://www.worcesterma.gov/summer-fitness). Park locations, dates and times are subject to change.*

*No classes the following holidays: June 19 (Juneteenth) and July 4 (Independence Day)*

Day	Time	Park	Class /Activity
Monday	5:30 p.m. - 6:15 p.m.	Elm Park	Yoga
Tuesday	5:30 p.m. - 6:15 p.m.	Elm Park	Breathwork & Meditation supported by Synergy of Sound
Tuesday	6:30 p.m.-7:30 p.m.	Peace Park	Zumba
Wednesday	5:30 p.m.- 6:15 p.m.	Vernon Hill	Tai Chi
Wednesday	12:00 p.m.-1:00 p.m.	Worcester City Common	HIIT
Thursday	7:30 a.m. - 8:15 a.m.	Lake Ave Park	*Awaken and Ignite: Enlivened Drumming and Meditation
Thursday	6:30 p.m.-7:30 p.m.	University Park	Dance Kraze
Friday	7:30 a.m. - 8:15 a.m.	Vernon Hill	*Morning Mantra
Friday	3:00 p.m-4:00 p.m.	Crompton Park	Basketball Drills
Saturday	12:00 p.m.-1:00 p.m.	Fuller Park	Zumba

*\* Classes will start week of June 17*



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# CLASS DESCRIPTIONS

Classes are for all levels. Please fill out registration form before participating.

**Awaken and Ignite: Enlivened Drumming and Meditation:** Start your day full of energy, moving into the heartbeat of the drum and grounding into the earth's pulse. Find balance, clarity, and empowerment to bring into your day.

**Basketball Sports Drills:** Sports drills is teaching and training through repeated exercise or repetition, including footwork, agility, speed work.

**Breathwork & Meditation supported by Synergy of Sound:** Relax and de-stress, harnessing the wind's power with your breath and balancing your mind, body, and spirit.

**DANCE KRAZE:** Dance Kraze is an exercise that focuses on low to high impact cardio. The music used in this class has a wide variety of genres that have an upbeat tempo and some low impact tempos for active recovery. Come prepared to dance like no one is watching.

**HIIT Class:** 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.

**Mantra Mornings:** Alter your consciousness with the power of mantra. Join us on Friday mornings to move into rhythm and balance. Feeling the harmony of collective enlightenment to start your day full of limitless potential.

**Tai Chi:** A thousand year old practice focuses both martial arts and meditation to slow down both your mind and body by repeating rhythmic choreography and breath work

**Yoga:** Use posture and conscious breathing in combination with mental focus to develop awareness through proper alignment and mindfulness of the body.

**ZUMBA:** Zumba is a Latin American choreograph dance rhythms style that is apply to music and learn basic easy movement while having fun. This dance workout which looks and sound more like a dance party.