

FREE SUMMER FITNESS SERIES

Monday, June 9 – Saturday, August 30

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.*

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	7:30 a.m. - 8:15 a.m.	Elm Park	Tai Chi
Monday	4:00 p.m - 4:45 p.m.	Castle Park	HIIT
Tuesday	7:00 a.m - 8:30 a.m.	Crompton Park	Basketball Skills and Drills*
Tuesday	5:30 p.m - 6:30 p.m.	Green Hill Park	Calisthenics Strength Training
Tuesday	6:00 p.m. - 7:00 p.m.	University Park	Zumba
Wednesday	7:30 a.m. - 8:15 a.m.	Elm Park	Sunrise Yoga
Wednesday	5:30 p.m - 6:15 p.m.	Institute Park	Capoeira (martial arts)
Thursday	7:00 a.m - 8:30 a.m.	University Park (Fitness Court)	Basketball Skills and Drills*
Friday	3:30 p.m. - 4:30 p.m.	YMCA (front lawn)	HIIT
Saturday	10:00 a.m. - 10:45 a.m.	Peace Park	Dance Fit4U

*See Other Side



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Register



eliminating racism
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Central Massachusetts



CLASS DESCRIPTIONS

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

Basketball Sports Drills: Sports drills is teaching and training through repeated exercise or repetition, including footwork, agility, speed work. Our Thursday class will be on the new Fitness Court in University Park and will incorporate conditioning and strength training.

**Starting Week of June 16th*

Calisthenics Strength Training: Experience the power of bodyweight training with our Calisthenics class. This high-energy workout uses minimal equipment, focusing on functional movements that improve strength, agility, coordination, mobility and overall fitness.

Capoeira: Experience the dynamic fusion of martial arts, dance, music, and spirituality in our Capoeira class. This Afro-Brazilian art form combines self-defense techniques with the rhythm of music and the energy of community.

Dance Fit4u: Get ready to groove, sweat, and smile with our Dance Fit4u class! Let loose to terrific music that'll keep you moving and motivated. Join the party- where fitness meets fun! This lower-intensity workout is designed for all levels, no dance experience required. Just a willingness to have fun and move your body!

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.

Sunrise Yoga: In this nourishing practice, discover the art of conscious relaxation and rejuvenation. Our Restorative Yoga class combines gentle postures, conscious breathing, and mental focus to cultivate awareness, balance, and harmony in the body and mind.

Tai Chi: Embark on a transformative journey with our Tai Chi class, rooted in a thousand-year-old Chinese Martial Arts tradition. This meditative practice combines slow, flowing movements with deep breathing and mental focus to cultivate physical, mental, and emotional balance.

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

Scan for more information and to register >>>

