

# FREE SUMMER FITNESS SERIES

**Monday, June 15 – Saturday, August 29**

Fitness in the Parks is a FREE 10-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	7:30am-8:30am	Fuller Park	HIIT
Monday	5:30pm-6:30pm	Elm Park	Yoga
Tuesday	7:30am-8:30am	Crompton Park	Basketball Skills and Drills
Tuesday	5:30pm-6:30pm	Institute Park	Capoeira
Tuesday	6:00pm-7:00pm	University Park	Faith Fit Dance Cardio
Wednesday	8:15am-9:15am	Fuller Park	Yoga
Thursday	7:30am-8:30am	University Park/ Fitness Court	Basketball Skills and Drills
Thursday	7:30am-8:30am	East Park	Zumba
Thursday	5:30pm-6:30pm	East Park	Calisthenics
Friday	7:30am-8:30am	Crompton Park	HIIT
Friday	6:00pm-7:00pm	University Park	Faith Fit Dance Cardio
Saturday	8:00am-9:00am	Fuller Park	Pilates
Saturday	10:00am-11:00am	Peace Park	DanceFit4U



# CLASS DESCRIPTIONS

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

**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!

**Faith Fitness Dance Cardio:** Where fitness meets freedom. This high energy class combines easy to follow dance moves with uplifting music and get's your heart pumping and spirit lifted. It's not about perfection it's about movement, joy, and showing up ready to release and recharge. Faith Fit creates an atmosphere where you can sweat, smile, and recharge.

**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.

**Pilates:** A system of exercise and movement that is designed to increase strength, flexibility, and balance. Pilates integrates breath and movement with proper body mechanics to increase greater physical and mental awareness of how the body moves and feels. You can practice Pilates on a Mat using your own body and sometimes with small props. **Remember to bring a mat or beach towel for your workout.**

**Yoga:** a mind-body practice that unites physical postures breathing techniques and meditation to improve overall health, strength, and mental tranquility. It balances physical movement with mental focus to reduce stress, improve flexibility, and increase body awareness. **Remember to bring a mat or beach towel for your workout.**

**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 >>>

