



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FITNESS IN THE PARK



SANFORD-SPRINGVALE YMCA

DATE	TIME	LOCATION	CLASS	INSTRUCTOR	DETAILS
7/10, Sun	8:00 am	Gowen Park	HIIT	Kristie	12+ w/adult or 16+
7/11, Mon	5:30 pm	Springvale Park 8 Dirt Road	HIIT	Julie	12+ w/adult or 16+
7/16, Sat	10:00 am	Central Park	Children's Yoga	Christie	3 - 7 year olds
7/18, Mon	6:00 pm	Gowen Park	Pilates	Merilee	16+, bring mat
8/2, Tues	5:30 pm	Gowen Park	Hatha Yoga	Betsy	16+, bring mat
8/3, Wed	5:30 pm	Gowen Park	Flow Yoga	Betsy	16+, bring mat
8/5, Fri	10:30 am	Gowen Park	Yoga for All	Betsy	16+, bring mat

The Fitness in the Park series is free to the community. Registration is not required. We recommend that you arrive 15 minutes early to complete a health and photo waiver. Classes will range from 45 - 60 minutes. Bring a water bottle and wear comfortable clothing to all the classes. Weather permitting.

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