

# FREE SUMMER FITNESS SERIES

**Free Fitness - No Registration Fees or Sign-Ups Required • July 19 -September 30**

The Worcester Parks Summer Fitness Series is a 15-week program presented by the City of Worcester Department of Health & Human Services and Blue Cross Blue Shield of MA in partnership with YWCA Central Massachusetts. The program runs from July 19 to September 30 Mondays through Sundays at 8 city parks.

The goal of this program is to provide Worcester residents with opportunities to engage in healthy eating, active living, community building, and spending the summer becoming a healthier Worcester. We hope to see you there!

Rides on all WRTA buses are free through December 31, 2021 • Lyft Codes may be requested by emailing [wfrc@youinc.org](mailto:wfrc@youinc.org) or calling 508-796-1411. Each code has a value of \$25 and is valid through July 31, 2021. • Participate in three or more sessions to get a special YWCA Fitness Membership to gain access to the Fitness Center and pool through September 30, 2021 • Park locations, dates and times are subject to change, check YWCA or Worcester DPH for weather & schedule changes. • No Classes on Labor Day -September 6,2021

\*\*\* Nutritional Consultation/ Incentive offered see [ywcam.org](http://ywcam.org) for more info.

District	Park	Class /Activity	Day	Time	Age Group
2	Worc. Common	Boot Camp	Monday	5:30- 6:30 PM	Adults Only
5	Beaver Brook Park	Pilates Yoga Blend	Monday	5:30 -6:30 PM	Adults Only
4	Crompton Park	Tia Chi	Tuesday	5:30- 6:30 PM	Adults Only
2	East/Columbo Park	Afro/Latino Groove	Wednesday	5:30-6:30 PM	Family Friendly for all ages
4	Oread/ Castle Park	Dance Fit for You	Thursday	5:00- 6:00 PM	Family Friendly for all ages
3	Vernon	Soccer Skills	Friday	5:30-6:30 PM	Family Friendly for all ages
4	Crystal/University	Fit Families	Saturday	9:00-10:00 AM	Family Friendly, ages 12 & up
1	Great Brook Valley Playground	Karate	Sunday	10: 00- 11:00 AM	Family Friendly, ages 8 & up



Follow YWCA Central Massachusetts for program updates and announcements!

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# CLASS DESCRIPTIONS

**Tia Chi:** A graceful form of exercise used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

**Karate:** A class that combines both self-defense and kickboxing exercises and utilizes every muscle group in the body to help tone your muscles, improve flexibility, balance, and strength. This class is a fun and creative way to stay active while learning self-defense techniques.

**Afro-Groove:** This class combines dance moves from contemporary African/Afrobeat, Hip-Hop, Caribbean, and Latin dance styles. Come to express yourself through motion and movements lead by an expert who uses visual and musical art in Afrobeat to create happiness and inspiration for all.

**Belly Dance:** This class will help you learn how to belly dance. Our experienced instructor will lead you step by step using various middle eastern movements of the hips and torso to help you develop style, build your core, and confidence while getting a workout that is geared for all stages, beginners, and experienced dancers.

**Soccer Skills:** This fitness and conditioning soccer class is filled with fun activities such as warm-up, passing warm-up drill, attack & defending, soccer shooting on the dribble skills, lay-offs, turns, chest control, and more. Increase intensity at your own pace to build stamina and speed. Fun for all ages.

**Pilates Yoga Blend:** A class that combines familiar yoga poses and pilates with exercises that build strength, flexibility, balance core condition. This class will challenge beginners and experienced exerciser alike and leave you feeling strong and energized.

**Boot Camp:** 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.

**Dance Fit For You:** Fun dance for all. Follow the teacher in routines set to fresh pop, Latin, and classic rock jams. Good for all ages and generations, school-age to seniors.

**Fit Families:** This strength and conditioning class features different exercises and great music for kids and their families. Fit Families will awaken the love for exercise in each child, enhance their cognitive abilities, and promote teamwork with the kids and their families. Kids and adults in this activity will be fitter, faster, stronger and will learn how to live healthier lifestyles. Come and have a great time.