

NEW

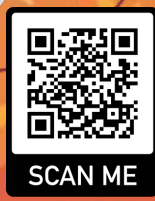
FREE FALL FITNESS SERIES

September 16 – October 11, 2024

Worcester Fitness in the Parks is a FREE 4-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.*

Day	Time	Park	Class /Activity
Tuesday	5:00-5:45 p.m	University Park	Boot Camp
Tuesday	6:30-7:15 p.m.	Fuller Park	Zumba
Wednesday	7:30 - 8:15 a.m.	Lake Ave Park	Power of Walking
Thursday	5:30 - 6:15 p.m.	Blithewood Park	Release and Reset: Sound Bath & Meditation



CLASS DESCRIPTIONS

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

Boot Camp: Designed to increase both stamina and strength. You will have a varied workouts that target every part of your body. Exercises range from body weight focused movements to slamming a ball routine. You will get your heart pumping and muscles burning all in this class. All fitness levels are welcomed.

Power of Walking: Fitness through walking. Follow an instructor as they “walk” you through how to boost your activity levels while improving overall wellness. All fitness levels are welcomed.

Release and Reset: Sound Bath & Meditation: Release the stress of the day with a guided meditation supported by the synergy of sound. Allow the vibrations to wash through you and bring you into balance, resetting your cells to homeostasis. Facilitated by Synergy of Sound Conductor, Margie Breault. All fitness levels are welcomed.

ZUMBA: Zumba is a Latin American choreographed dance style that is applied to music. Learn basic easy movements while having fun. This is a workout that looks and sounds more like a dance party. All fitness levels are welcomed.



SCAN ME



eliminating racism
empowering women
ywca
Central Massachusetts



POLAR