

INDEPENDENT HEALTH AND THE YMCA PRESENT

# FITNESS IN THE PARKS

14 YEARS OF FITNESS + FUN

## GET FIT FOR FREE FROM JUNE - AUGUST

**FREE** outdoor classes featuring Zumba®, Barre, Pilates, Circuit Training, Tai Chi, Yoga and more!

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**24 parks** across WNY with free parking

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Nearly **500 classes** this summer, led by YMCA-certified instructors

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**No registration** required. Just show up!

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*– See Full Schedule on Reverse –*

PRESENTED BY:



# 2025 FITNESS IN THE PARKS SCHEDULE

JUNE 1 TO AUGUST 31

(No classes July 4)

## AMHERST

### Bassett Park

Tai Chi: Tue, 6 p.m.

Zumba®: Fri, 6 p.m.

### Garrison Park

Zumba®: Wed, 5:30 p.m.

Yoga: Wed, 6:15 p.m.

### University at Buffalo

(South Lake Village Apartments)

Yoga: Thu, 7 a.m.

Class ends on 8/14

## BUFFALO

### Bidwell Park

Yoga: Sat, 10:15 a.m.

### Buffalo RiverWorks

Circuit Training: Tue, 5:30 p.m.

No class on 8/5

### Delaware Park

Yoga: Sun, 10 a.m. & Wed, 5 p.m.

### Larkin Square

Zumba®: Mon, 5:15 p.m. &

Sat, 9:30 a.m.

### Outer Harbor Buffalo

(Wilkeson Pointe)

Yoga: Tue & Thu, 6 p.m.

## CHEEKTOWAGA

### Cheektowaga Town Park

Yoga: Mon & Wed, 9 a.m.

### Losson Park

Zumba®: Tue & Thu, 9:30 a.m.

## CLARENCE

### Clarence Town Park

(Main Street Park)

Pilates: Fri, 10 a.m.

## DUNKIRK **NEW!**

### Memorial Park

\* Centergy: Wed, 4:30 p.m.

## GASPORT

### Royalton Ravine Park

Pilates: Tue, 5:30 p.m.

## JAMESTOWN

### Lucille Ball Memorial Park

(Celoron Park)

Pound®: Tue, 5:30 p.m.

Strength & Movement: Wed, 11 a.m.

\* Centergy: Thu, 10:45 a.m.

No classes 6/3, 6/4 & 6/5

## LANCASTER

### Westwood Park

Circuit Training: Wed, 6 p.m.

## LEWISTON

### Academy Park

Yoga: Sun, 10 a.m.

No class 7/13

## LOCKPORT

### Day Road Park

Core & More: Mon, 10 a.m.

Yoga: Tue, 6:30 p.m. & Thu, 5:30 p.m.

### Goehle Marina

(Widewaters Marina)

Barre: Wed, 10 a.m.

Walk to Better Health: Wed, 11 a.m.

### Pendleton Park

Barre: Sun, 10 a.m.

Yoga: Fri, 10 a.m.

## NIAGARA FALLS

### Niagara University **NEW!**

(Kiernan Recreation Center)

Yoga: Thu, 5 p.m.

## OLCOTT

### Krull Park

Yoga: Wed, 6:30 p.m. & Sat, 9 a.m.

No classes 7/12 & 8/30

## ORCHARD PARK

### Chestnut Ridge Park

Yoga: Tue, 6:15 p.m.

Pilates: Thu, 6 p.m.

## SOUTH BUFFALO

### Cazenovia Park

Zumba®: Wed, 6:30 p.m.

## TONAWANDA

### Ellicott Creek Park

Core & More: Mon, 6 p.m.

Yoga: Thu, 6 p.m.



Attend any class at  
any park and receive  
a FREE giveaway  
(while supplies last),  
courtesy of  
Independent Health!

\* Indicates New Class

For more information, including class descriptions, visit [independenthealth.com/fitpark](https://independenthealth.com/fitpark)

**Please note:** Cancellations will be listed on the YMCA's Facebook page.