

Free!

# FITNESS *in the* PARKS

20<sup>th</sup> AUGUST – 14<sup>th</sup> SEPTEMBER 2018  
12:30 PM – 1:15 PM



## MONDAYS

### ZUMBA

Inspired Fitness  
20<sup>th</sup> & 27<sup>th</sup> August  
10<sup>th</sup> September  
**Location:** Victoria Park

## TUESDAYS

### CARDIO KICKBOXING

Longevity Athletics  
Bermuda (LAB)  
21<sup>st</sup> & 28<sup>th</sup> August  
4<sup>th</sup> & 11<sup>th</sup> September  
**Location:** Victoria Park

## WEDNESDAYS

### JUST DANCE/CHISEL'D/ BRAZILIAN BUTT

The Athletic Club (TAC)  
22<sup>nd</sup> & 29<sup>th</sup> August  
5<sup>th</sup> & 12<sup>th</sup> September  
**Location:** Victoria Park

## THURSDAYS

### SOCA SWEAT

ENERGIZE!  
Wellness Solutions  
23<sup>rd</sup> & 30<sup>th</sup> August  
6<sup>th</sup> & 13<sup>th</sup> September  
**Location:** Barr's Bay Park

## FRIDAYS

### YOGA with Mel Dupres

Inspired Fitness  
24<sup>th</sup> August  
7<sup>th</sup> September

### BODY SHRED with Aunette Lewis

Inspired Fitness  
31<sup>st</sup> August  
14<sup>th</sup> September  
**Location:** Victoria Park

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