

INDEPENDENT HEALTH AND YMCA BUFFALO NIAGARA PRESENT

# FITNESS IN THE PARKS

**A FREE COMMUNITY EXERCISE PROGRAM  
JUNE 21 TO AUGUST 29**

Get moving this summer with Independent Health and YMCA Buffalo Niagara's Fitness in the Parks – a **FREE** program designed to encourage all Western New Yorkers to stay on track with their fitness goals! Everyone is welcome to participate in these **FREE, 60-minute fitness classes**, taught by YMCA certified instructors.

## AMHERST

### Bassett Park

Zumba®: Mondays and Fridays, 6 p.m.

### Garrison Park **NEW**

Bootcamp: Wednesdays, 6 p.m.

## BUFFALO

### Bidwell Parkway **NEW**

Yoga: Fridays, 6 p.m.

### Delaware Park

Yoga: Sundays, 10 a.m.

Bootcamp: Tuesdays, 6 p.m.

### Larkin Square **NEW**

Cardio Dance: Mondays, 5:30 p.m.

Cardio Kickboxing: Thursdays, 5:30 p.m.

## CHEEKTOWAGA

### Town Park

Zumba®: Tuesdays and Thursdays, 10 a.m.

## CLARENCE

### Main Street Park

Cardio Dance: Fridays, 11 a.m.

## JAMESTOWN

### Allen Park

Yoga: Wednesdays, 8 a.m.

### Bergman Park **NEW**

Bootcamp: Tuesdays, 9 a.m.

## LANCASTER

### Westwood Park **NEW**

Zumba®: Wednesdays, 6 p.m.

## LEWISTON

### ArtPark

Pilates: Wednesdays, 10 a.m.

Zumba®: Saturdays, 10 a.m.

## LOCKPORT

### Goehle Marina

Yoga: Mondays, 6 p.m.

Bootcamp: Wednesdays, 6 p.m.

### Day Road Park

Zumba®: Tuesdays, 6 p.m.

Zumba® Kids: Thursdays, 6 p.m.

## ORCHARD PARK

### Chestnut Ridge

Yoga and Zumba® (alternating weeks): Tuesdays, 6 p.m.

### Ralph Wilson Stadium **NEW**

(Only during the month of July)  
Bootcamp: Mondays, 6 p.m.

## TONAWANDA

### Ellicott Creek

Yoga: Thursdays, 6 p.m.



No sign up or registration is required; just show up! For more information, visit [independenthealth.com/fitpark](http://independenthealth.com/fitpark)



**Please note:** Day-of cancellations, due to rain or poor weather, will be listed at [ymcabn.org](http://ymcabn.org).