

# 2019

# FREE OUTDOOR FITNESS



The Recreation and Parks Division offers a free Outdoor Fitness program Sundays, April through October. Classes are taught by certified fitness instructors and all fitness levels are welcome. Participants must be over the age of 16 or older on the day of class. If the participant is under 16, they must be accompanied by an adult. No registration is needed, but all participants are required to sign a waiver prior to the start of the class.

## Schedule

MONTH	YOGA DATES	BARRE DATES	ZUMBA DATES
April	7	14	28
May	5	12	19
June	2	9	23
July	7, 21	14	NA
August	4, 18	11	NA
September	8	15	22
October	6	13	20

## Time

**10 a.m.**

All classes are one hour.

## Location & Contact

**Newtown Park**  
Mark Burkhalter Amphitheater  
3150 Old Alabama Road

### PHONE

678.512.3200

### EMAIL

[info@johnscreekga.gov](mailto:info@johnscreekga.gov)

### WEBSITE

[JohnsCreekga.gov](http://JohnsCreekga.gov)



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