



SEPTEMBER 2020 FREE OUTDOOR FITNESS

The Recreation and Parks Division offers a free Outdoor Fitness program June - 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. Registration is required.

Participants will be required to follow all social distancing guidelines.

Schedule

Location

YOGA DATES	BAR-LESS BARRE DATES
Sunday, Sept. 6 - 10 a.m.	Sunday, Sept. 20 - 10 a.m.
Monday, Sept. 7. - 10 a.m.	
Thursday, Sept. 10 - 10 a.m.	
Sunday, Sept. 13 - 10 a.m.	
Monday, Sept. 14. - 6 p.m.	
Thursday, Sept. 17 - 10 a.m.	
Monday, Sept. 21. - 6 p.m.	
Thursday, Sept. 24 - 10 a.m.	
Sunday, Sept. 27 - 10 a.m.	
Monday, Sept. 28. - 6 p.m.	

**Newtown Park
Amphitheater**
3150 Old Alabama Road
All classes are one hour.

All participants must bring their own exercise mats and water bottles. Class sizes will be limited.

Please do not attend the class if you have any flu-like symptoms, have been diagnosed with COVID-19, or have been in contact with a COVID-19 patient.