



POP UP IN THE PARK

EQUIPMENT PROVIDED. BRING A FRIEND.

NO COST. NO MEMBERSHIP.

**FREE FITNESS CLASSES
ALL LEVELS WELCOME**

MONDAY

TRIPLE THREAT 9AM @ BRICK CITY PARK

TUESDAY

BODY SCULPT 3PM @ ROMEO ELEMENTARY
POWER HOUR 5:30PM @ JERVEY GANTT PARK

WEDNESDAY

TRIPLE THREAT 9AM @ BRICK CITY PARK
BODY SCULPT 4PM @ TRINITY CATHOLIC

THURSDAY

TRIPLE THREAT 9AM @ MCPHERSON COMPLEX
EXPRESS SCULPT 12:30PM @ JERVEY GANTT

FRIDAY

POWER HOUR 9AM @ TUSCAWILLA PARK

EXPRESS SCULPT

**PERFECT CLASS TO
TONE BODY DURING
YOUR LUNCH HOUR**

**TRADITIONAL EXERCISE
MOVEMENTS DESIGNED TO TONE
AND STRENGTHEN ALL AREAS
OF THE BODY**

**USING YOUR OWN BODY WEIGHT AS
RESISTANCE, AS WELL AS, USING
LIGHT WEIGHTS WITH HIGH
REPETITIONS**

30 MIN CLASS

**THURSDAY 12:30 PM
@ JERVEY GANTT PARK**

BODY SCULPT

**PERFECT CLASS TO
TONE AND TIGHTEN
YOUR WHOLE BODY**

**TRADITIONAL EXERCISE
MOVEMENTS DESIGNED TO TONE
AND STRENGTHEN ALL AREAS
OF THE BODY**

**USING YOUR OWN BODY WEIGHT AS
RESISTANCE, AS WELL AS, USING
LIGHT WEIGHTS WITH HIGH
REPETITIONS**

45 MIN CLASS

TUESDAY 3 PM @ ROMEO SCHOOL

**WEDNESDAY 4 PM @
TRINITY CATHOLIC SCHOOL**

TRIPLE THREAT

**PREPARE TO
BURN CALORIES AND
SHRED POUNDS!**

**BUILDS MUSCLE WITH
CONSTANTLY VARIED
WORKOUTS**

**INTEGRATING STRENGTH TRAINING,
CARDIOVASCULAR ENDURANCE, AND
CORE CONDITIONING**

55 MIN CLASS

**MONDAY & WEDNESDAY
9 AM @ BRICK CITY**

**THURSDAY
9 AM @ MCPHERSON**

POWER HOUR

**PUSH YOUR LIMITS.
GET STRONGER.
FEEL BETTER.**

**FULL-BODY, AEROBIC WORKOUT
DESIGNED TO LEAVE YOU
POURING SWEAT.**

**INCORPORATING MULTIPLE
PIECES OF EQUIPMENT AND
MODALITIES TO TRANSFORM
YOUR FIGURE**

1-HOUR CLASS

**TUESDAY 5:30 PM
@ JERVEY GANTT PARK**

**FRIDAY 9 AM
@ TUSCAWILLA PARK**