
















# GET ACTIVE OUTDOORS FOR FREE

Presented by:



MONDAYS JUN 7 - AUG 23	TUESDAYS JUN 8 - AUG 24	WEDNESDAYS JUN 9 - AUG 25	THURSDAYS JUN 10 - AUG 26	FRIDAYS JUN 11 - AUG 27
 <b>YOGA</b> AT MULICK PARK 6:00 - 6:45 PM	 <b>POUND</b> ON THE BLUE BRIDGE 5:30 - 6:15 PM	 <b>SUNRISE YOGA</b> AT INDIAN TRAILS GOLF COURSE 6:30 - 7:15 AM	 <b>GROOVE</b> ON THE BLUE BRIDGE 6:00 - 6:45 PM	 <b>ZUMBA</b> AT ROOSEVELT PARK 5:00 - 5:45 PM
 <b>ZUMBA</b> AT ROSA PARKS CIRCLE 6:30 - 7:15 PM	 <b>HIGH FITNESS</b> AT 555 MONROE 6:00 - 6:45 PM	 <b>BARRE</b> ON THE BLUE BRIDGE 6:00 - 6:45 PM	 <b>TAI CHI EASY</b> AT BRIGGS PARK 7:15 - 8:00 PM	
 <b>SOULFUL MOTION</b> AT GARFIELD PARK 6:30 - 7:15 PM	 <b>30-MINUTE HIIT</b> AT LOOKOUT PARK 6:15 - 6:45 PM	 <b>KICKBOXING</b> AT 555 MONROE 6:15 - 7:00 PM	 <b>YOGA</b> AT MLK PARK 7:15 - 8:00 PM	
	 <b>SUNSET YOGA</b> AT LOOKOUT PARK 7:00 - 7:45 PM	 <b>WERQ</b> AT RICHMOND PARK 7:15 - 8:00 PM		

All classes are weather dependent. Check the Grand Rapids Parks and Recreation Facebook page or call the cancellation hotline at 616.456.3699 for up-to-date class information.

**Public health guidelines:** Participants will be spaced 6 feet apart during class. Face coverings required when mingling, but not when exercising. Learn more at [grandrapidsmi.gov/recreation](http://grandrapidsmi.gov/recreation).