

FREE at Ariel-Foundation Park Schnormeier Event Center



www.arielfoundationpark.org

Sponsored by:



REPRESENTING **WAYNE**
Insurance Group

Additional Sponsors:



ACTIVITY	DAY/TIME	PROVIDER	START DATE
TAI CHI	Mondays & Wednesdays 10-11:30 AM	Marshall Winkle	June 17
STRENGTH YOGA	Mondays 6-7 PM	Step Into Fitness	June 3
KRAV MAGA	Mondays 7-8 PM	Lashley Training Center	June 3
THRIVE KIDS	Tuesdays 10-11 AM	Hannah Kelling	June 4
ZUMBA	Tuesdays 1-1:45 PM	Amber Hawkins	June 4
YOGA	Tuesdays 6-7 PM	Hot Yoga Escape	June 4
HIIT (HIGH INTENSITY INTERVAL TRAINING)	Wednesdays 5-6 PM	YMCA - April Baker	June 5
YOGA	Wednesdays 6-7 PM	Shakti Fit	June 5
CROSSFIT	Thursdays 5:30-6:30 PM	Crossfit 1808	June 6



All activities are FREE and open to the public. Come to the park. Get fit. Have fun!