

STAY ACTIVE, GET REWARDED





Attend any fitness class in July for your chance to win a free class of your choice!

 Morning (before noon)






 Afternoon

 Evening (5 p.m. & later)


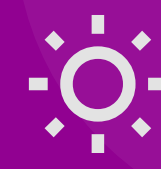



Monday

-  **Easy B-Fit (50+)**
 - Civic Center Gym from 9-9:45 a.m.
 - \$8 walk-in fee
-  **Virtual Yoga for Bone Health (14+)**
 - Zoom call from 9-9:45 a.m.
 - \$13 walk-in fee
-  **Yoga for Bone Health (14+)**
 - Shannon Hall from 10-10:45 a.m.
 - \$13 walk-in fee
-  **Lunchtime Fitness Buffet (16+)**
 - Civic Center Gym from 12-12:30 p.m.
 - \$8 walk-in fee





Tuesday

-  **Zen-Yo Zone (16+)**
 - Civic Center Gym from 8:15-8:45 a.m.
 - \$8 walk-in fee
-  **Virtual Zen-Yo Tone (16+)**
 - Zoom call from 8:15-8:45 a.m.
 - \$13 walk-in fee
-  **Shape and Tone (16+)**
 - Civic Center Gym from 9-9:45 a.m. and 6:30-7:15 p.m.
 - \$8 walk-in fee
-  **Virtual Shape and Tone (16+)**
 - Zoom call from 9-9:45 a.m.
 - \$8 walk-in fee
-  **Gentle Yoga/Chair optional (18+)**
 - Civic Center Bartholomew Room from 10:15-10:50 p.m.
 - \$13 walk-in fee


Wednesday

-  **Mid Week Step Moves (16+)**
 - Civic Center Gym from 9-9:45 a.m.
 - \$8 walk-in fee
-  **Easy B-Fit (50+)**
 - Civic Center Gym from 10-10:45 a.m.
 - \$8 walk-in fee
-  **Pilates (16+)**
 - Kemp Hall from 10-10:45 a.m.
 - \$8 walk-in fee
-  **Beginning Yoga (14+)**
 - Shannon Hall from 5-5:45 p.m.
 - \$13 walk-in fee
-  **Flow Yoga (14+)**
 - Shannon Hall from 6-7 p.m.
 - \$13 walk-in fee

Thursday

-  **Shape and Tone (16+)**
 - Civic Center Gym from 9-9:45 a.m.
 - \$8 walk-in fee
-  **Virtual Shape and Tone (16+)**
 - Zoom call from 9-9:45 a.m.
 - \$8 walk-in fee
-  **Gentle Yoga/Chair optional (18+)**
 - Civic Center Bartholomew Room from 10:15-10:50 a.m.
 - \$13 walk-in fee
-  **Relax, Renew & Stretch Yoga (14+)**
 - Shannon Hall from 5-5:45 p.m.
 - \$13 walk-in fee

Friday

-  **Cardio Silver (50+)**
 - Civic Center Gym from 10-10:45 a.m.
 - \$8 walk-in fee

Visit bataviaparks.org/fitness for more information on adult fitness classes.