



SUMMER FITNESS IN DOWNTOWN SOUTH BEND

Saturday Mornings

Free

June 4 - August 27

On The Gridiron

Michigan St. between South Bend
Chocolate Café & DoubleTree by Hilton Hotel

Weather permitting

Rain location is the 5th floor of the Leighton
Parking Garage. Participants will be required
to sign a waiver prior to beginning class.

DowntownSouthBend.com



TIME	ACTIVITY	PROVIDED BY	TIME	ACTIVITY	PROVIDED BY
JUNE 4			JULY 16		
8 a.m.	Yoga	Beacon: Karin Lanning	8 a.m.	Yoga	Beyond Zen Studio: Courtney Canfield
9 a.m.	Zumba	Beacon: Christine Vonasek	9 a.m.	Zumba	Independent Instructor: Christina Brown Butler
10 a.m.	Power Core	Beacon: Colleen Laderer	10 a.m.	Hip Hop	Wepa Dance Studio: Nicki Kruszewski
JUNE 11			JULY 23		
8 a.m.	Yoga	Bend Yoga: Caitlin Hubbard	8 a.m.	Yoga	Healing Lab Yoga: Dena Woods
9 a.m.	Zumba	Pure Core: Kerri Stockbridge	9 a.m.	Zumba	Independent Instructor: Michelle Doty
10 a.m.	Boot Camp	Pure Core: Sooka Mackey	10 a.m.	Scrumptious Movement	Independent Instructor: Linda Raven
JUNE 18			JULY 30		
8 a.m.	Yoga	Kroc: Sara Bolen	8 a.m.	Yoga	Independent Instructor: Kay Woods
9 a.m.	Zumba	Kroc: Angela Williams	9 a.m.	Zumba	World Gym: Kim Hubble
10 a.m.	Hip Hop	Kroc: Brittani Whitmore	10 a.m.	Grit	KFit Health & Wellness: Kerri Anderson
JUNE 25			AUGUST 6		
8 a.m.	Yoga	True Balance Yoga: Steve Krojniewski	8 a.m.	Yoga	Inhale Exhale: Misty Love
9 a.m.	Zumba	Independent Instructor: Carlitos Centellas	9 a.m.	Zumba	YMCA of Greater Michiana: Rian Hutamy
10 a.m.	WERQ	Independent Instructor: Natalie McClure	10 a.m.	Les Mills Tone	YMCA of Greater Michiana: Nicci Dewitt
JULY 2			AUGUST 13		
8 a.m.	Yoga	Soul Fire Yoga: Alyssa Rios	8 a.m.	Yoga	Yoga Flow South Bend: Kara Boyles
9 a.m.	Zumba	Independent Instructor: Kimmi Troy	9 a.m.	Zumba	Beyond Zen: Lacey Peters
10 a.m.	Grit	Elite Performance Center: Jessica Garretson	10 a.m.	Barre	B Present: Kara Boyles
JULY 9			AUGUST 20: ART BEAT! (No classes)		
8 a.m.	Yoga	Flow with Frick: Lindsey Frick	AUGUST 27		
9 a.m.	Zumba	Wepa Dance Studio: Angelica Salazar	8 a.m.	Yoga	Independent Instructor: Ra Vincent
10 a.m.	Grit	KFit Health & Wellness: Kerri Anderson	9 a.m.	Zumba	Independent Instructor: Kimmi Troy
			10 a.m.	Bootcamp	Burn Bootcamp Granger: Mandy Kinnucan