



# SUMMER FITNESS IN DOWNTOWN SOUTH BEND

## Saturday Mornings

Free

June 10 - August 26

## On The Gridiron

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

## Weather Permitting

In the event of inclement weather classes will be canceled, but will still go on in light rain. Check DTSB Facebook for updates. Participants will be required to sign a waiver prior to beginning class.

[DowntownSouthBend.com](http://DowntownSouthBend.com)



TIME	ACTIVITY	PROVIDED BY	TIME	ACTIVITY	PROVIDED BY
<b>JUNE 10</b>			<b>JULY 22</b>		
8 a.m.	Yoga	Beacon: Ra Velez	8 a.m.	Yoga	Healing Lab Yoga: Dena Woods
9 a.m.	Zumba	Independent Instructor: Christina Brown	9 a.m.	Zumba	Niles-Buchanan YMCA: Daysha Amster
10 a.m.	Strong	Beacon: Tiffany Rusher	10 a.m.	HIIT	Beacon: Evonta Kimmons
<b>JUNE 17</b>			<b>JULY 29</b>		
8 a.m.	Yoga	True Balance Yoga: Steve Krojniewski	8 a.m.	Yoga	ra.yoga: RA Vincent
9 a.m.	Zumba	Independent Instructor: Carlitos Centellas	9 a.m.	Zumba	Independent Instructor: Kimmi Troy
10 a.m.	Tai Chi	Forever Learning Institute: Cecelia Hossler	10 a.m.	Barre	B Present: Kara Boyles
<b>JUNE 24</b>			<b>AUGUST 5</b>		
8 a.m.	Yoga	Flow With Frick: Lindsey Frick	8 a.m.	Yoga	Inhale Exhale: Misty Love
9 a.m.	Zumba	Independent Instructor: Kimmi Troy	9 a.m.	Zumba	Independent Instructor: Michelle Doty
10 a.m.	Boot Camp	Burn Boot Camp: Hannah Wanemacher	10 a.m.	WERQ	Independent Instructors: Jess DeFina/ Natalie McClure
<b>JULY 1</b>			<b>AUGUST 12</b>		
8 a.m.	Yoga	Elite Performance Center: Jessica Garretson	8 a.m.	Yoga	Bend Yoga: Caitlin Hubbard
9 a.m.	Zumba	WEPA Dance Studio: Angelica Salazar	9 a.m.	Zumba	YMCA of Greater Michiana: Rian Hutamy
10 a.m.	Les Mills Tone	Elite Performance Center: Jessica Garretson	10 a.m.	Scrumptious Movement	Independent Instructor: Linda Raven
<b>JULY 8</b>			<b>AUGUST 19: ART BEAT! (No classes)</b>		
8 a.m.	Yoga	Beyond Zen: Courtney Canfield			
9 a.m.	Zumba	Independent Instructor: Angela Williams			
10 a.m.	Cardio Drumming	Independent Instructor: Jess Snyder			
<b>JULY 15</b>			<b>AUGUST 26</b>		
8 a.m.	Yoga	Beyond Zen: Lacey Peters	8 a.m.	Yoga	YMCA of Greater Michiana: Karin Lanning
9 a.m.	Zumba	World Gym: Kim Hubble	9 a.m.	Zumba	YMCA of Greater Michiana: Nicci DeWitt
10 a.m.	Grit	KFit Health & Wellness: Kerri Anderson	10 a.m.	Les Mills Tone	YMCA of Greater Michiana: Karin & Nicci