

SUMMER FITNESS SERIES

IN DOWNTOWN SOUTH BEND

<u>TIME</u>	<u>ACTIVITY</u>	<u>PROVIDED BY</u>
JUNE 5		
8 a.m.	Yoga	Beacon Health & Fitness: Josephine Lelito
9 a.m.	Zumba	Beacon Health & Fitness: Christine Vonasek
10 a.m.	Grit & Core	Beacon Health & Fitness: Jessica Garretson

JUNE 12		
8 a.m.	Yoga	KROC: Sara Bolen
9 a.m.	Zumba	KROC: Brenda Rodriguez
10 a.m.	Hip Hop	KROC: Brittani Whitmore

JUNE 19		
8 a.m.	Yoga	Flow With Frick Yoga: Lindsey Frick
9 a.m.	Zumba	WEPA Dance Studio: Angelica Salazar
10 a.m.	WERQ	Independent Instructor: Natalie McClure

JUNE 26		
8 a.m.	Yoga	Independent Instructor: RA Vincent
9 a.m.	Zumba	Independent Instructor: Carlitos Centellas
10 a.m.	Power Yoga	Bend Yoga: Caitlin Hubbard

JULY 3		
8 a.m.	Yoga	Bend Yoga: Caitlin Hubbard
9 a.m.	Zumba	Independent Instructor: Michelle Doty
10 a.m.	Hip Hop	WEPA Dance Studio: Nicki Kruszewski

JULY 10		
8 a.m.	Yoga	True Balance Yoga: Steve Krojniewski
9 a.m.	Zumba	Independent Instructor: Christina Brown
10 a.m.	Scrumptious Movement	Independent Instructor: Linda Raven

JULY 17		
8 a.m.	Yoga	Independent Instructor: Kimmi Troy
9 a.m.	Zumba	Pure Core Health & Fitness: Kerri Stockbridge
10 a.m.	Boot Camp	Pure Core Health & Fitness: Sooka Mackey

<u>TIME</u>	<u>ACTIVITY</u>	<u>PROVIDED BY</u>
JULY 24		
8 a.m.	Yoga	Beyond Zen: Courtney Canfield
9 a.m.	Zumba	Lace Studio Fitness & Fashion: Lacey Peters
10 a.m.	Pound	World Gym: Julie Dozier

JULY 31		
8 a.m.	Yoga	B Present Studio: Kara Boyles
9 a.m.	Zumba	YMCA of Greater Michiana: Rian Hutamy
10 a.m.	Barre	B Present Studio: Kara Boyles

AUGUST 7		
8 a.m.	Yoga	Independent Instructor: Kimmi Troy
9 a.m.	Zumba	World Gym: Kim Hubble
10 a.m.	Strong Nation (HIIT)	World Gym: Kim Hubble

AUGUST 14		
8 a.m.	Yoga	INHALE EXHALE: Misty Calhoun
9 a.m.	Zumba	INHALE EXHALE: Misty Calhoun
10 a.m.	Self Defense	INHALE EXHALE: Willie Calhoun

AUGUST 21		
	ART BEAT	NO CLASS

AUGUST 28		
8 a.m.	Yoga	Healing Lab Yoga: Dena Woods
9 a.m.	Zumba	YMCA of Greater Michiana: Karin Lanning
10 a.m.	Les Mills Core & Tone	YMCA of Greater Michiana: Karin Lanning

