

Fitness In The Parks 2019

Mondays

Bollywood Dance *Nistha*
5:15 - 6 PM
Neutaconkanut Park
Legion Memorial Dr.

Yoga *Nikole Mcleod*
6:30 - 7:30 PM
Roger Williams Park
Temple to Music

HIIT/Bootcamp *James DelPonte/Industrial Revolution Crossfit*
6 - 7 PM
Lippitt Park
1015 Hope St. (Near Fountain)

Tuesdays

Yoga *Shelby Mack*
6:45 - 7:30 AM
Prospect Park
54 Congdon St.

Bootcamp Circuit *Alex Weaver*
7:30 - 8:15 AM
The Rink
2 Kennedy Plaza

Senior Fitness *Nina Memi*
9:15 - 10 AM
Pearl St. Park
Meet at Entrance to Lockwood Plaza, 50 Prairie Ave.

Bootcamp Circuit *Crossfit PVD*
5:30 - 6:30 PM
Brown St. Park & Playground
129 Brown St.

Belly Dance *Manuela Birner*
6 - 7 PM
Roger Williams Park
Boathouse Lawn

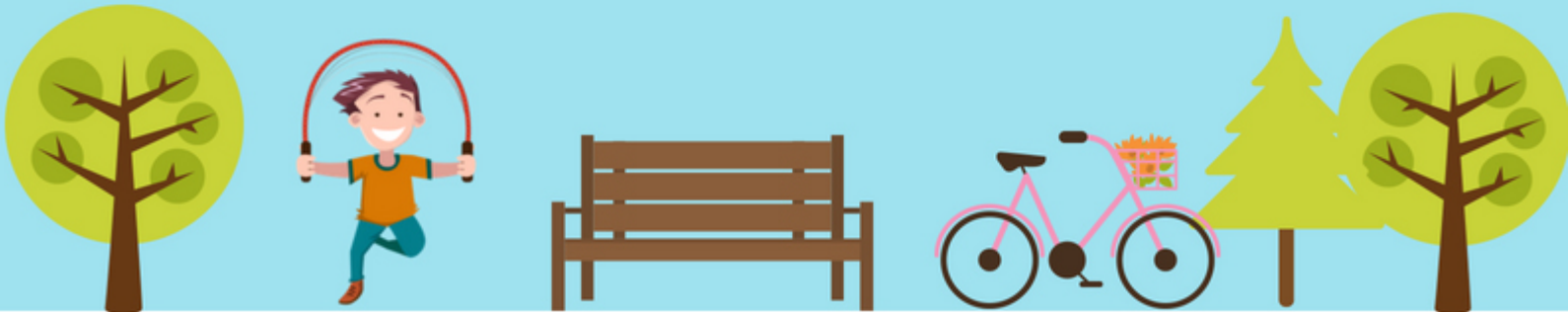
Wednesdays

All Levels Vinyasa *JoEllen/ProvidencePower Yoga*
6:30 - 7:30 AM
India Point Park *(Large Dock)*

Water Fitness *Tracey Simone*
8:15 - 9:15 AM
Zuccolo Pool
18 Gessler St.

Circuit Training *Nina Memi*
9-10 AM
Metcalf Fields
199 Hawkins St.

Core Conditioning *Christy Clausen*
4:15 - 5 PM
Roger Williams Park
Boathouse Lawn



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Thursdays

Kids Yoga - Kidding Around *Jillian Bouley*
10 - 11 AM
Joslin Park
Florence St.

Family Karate *Pathway Karate*
5 - 6 PM
Fagnoli Park
945 Smith St.

HIIT *Helga M.*
5:45 - 6:45 PM
Roger Williams Park
Boathouse Lawn

Fitness with Pride *Alex Weaver*
6 - 6:45 PM
Dexter Training Ground
Armory Park: 73 Dexter St.

Fridays: no classes

Saturdays

Yoga
8 - 9 AM
Lippitt Park
1015 Hope St.

Vinyasa Yoga *Charise Johnson*
8 - 9 AM
Fagnoli Park
945 Smith St.

All Levels Vinyasa *JoEllen*
ProvidencePower Yoga
8 - 9 AM
India Point Park (Near Sailing School)

Bootcamp *East Side Y*
5:30 - 6:30 PM
Brown St. Park & Playground
129 Brown St.

Sundays

Yoga *Nikole Mcleod*
6:30 - 7:30 PM
Mt. Pleasant
530 Mt. Pleasant Ave.

Vinyasa Yoga *Emily DePina*
6:30 - 7:30 PM
Lippitt Park
1015 Hope St. (Near Fountain)
*begins August 4

Vinyasa Yoga *Lillian Rutler*
7 - 8 PM
Neutaconkanut Park
Legion Memorial Dr.



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Class Descriptions

Belly Dance Learn basic belly dance technique, posturing, language and move execution while building strength.

Bollywood Dance A vibrant and entertaining dance that gives a whole body workout while dancing to the rhythm of joy with the powerful nature of Bollywood music.

Bootcamp Circuit Fun, Friends, and Sweat... lots of sweat! An hour-long, kick-butt cardio workout. Come for the sweat, stay for the community, and see your results!

Circuit Training A fast-paced class in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise. Focus is on muscle toning and aerobic exercise.

Core Conditioning Walk taller, feel stronger! Build core muscle groups while improving posture through a variety of exercises to strengthen the core and back muscles and increase flexibility. Includes a variety of equipment. Please bring your own mat to enjoy the cool down portion of the class.

Family Karate A fun and energetic way to introduce students of all ages the basics of karate. Learn new breathing techniques, kicks, stances, punches and to count in Japanese! Boost self confidence, build courage and learn self discipline.

Fitness with Pride LGBTQIA+ friendly and focused on building cardiovascular fitness while increasing strength and endurance.

HIIT (High-intensity interval training) A non-choreographed, bodyweight only (no equipment), original workout. It's your best effort for a calorie burn that can last up to 24 hours! All movements can be modified. All fitness levels are welcome!

Senior Fitness Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is used for seated and/or standing support.

Water Fitness Use the natural resistance and buoyancy of water against your body for wide variety of conditioning activity. No swimming is required - flotation devices are used.

Yoga/Kids Yoga/Vinyasa Increase strength, flexibility and mindfulness while overcoming stress! Don't forget to bring your own mat and water bottle. A waiver must be signed by parent/guardian for those under 18.

All Classes Suitable for All Fitness Levels!

Please arrive early to the first class to complete a waiver. A waiver must be signed a parent/guardian if you're under 18. Check the Parks Department Facebook page @PVDParks for weather cancellations. Questions? Contact Christy Clausen, Parks Programming Supervisor at cclausen@providenceri.gov.

