

Fitness in Providence Parks Schedule 2013

All classes are free and open to all unless otherwise noted



Park	Instructor	Day	Workout	Time	Dates	Contact	Child Care Available/Fee/ Call to confirm
Fargnoli Elmhurst Clean & Green	Cat/YMCA	Friday	Boot camp	7am-8am	6/29-9/6	521-0155	Child care info: Alyssa aahunt@yahoo.com
Corliss Friends of Corliss Park	Healthy Communities Office	Saturday	Zumba	10am-12pm	July 13, 27 Aug 10, 24 Sept. 7, 21	Obed 421-7740	
Bucklin Friends of Bucklin Park	Healthy Communities Office	Saturday	Zumba	See date	July 20 (10am-12pm) Aug 17 (12-1pm)	Obed 421-7740 *8/17: Part of Back to School Celebration	
Merino WRWC	Melissa/YMCA	Tuesday	Zumba	5pm-6pm	7/2-8/27	521-0155	child care
Cabral Friends of Cabral Park	Audra/YMCA	Sunday	Yoga	5pm-6pm	All of July	521-0155	child care
Riverside WRWC	Renee/YMCA	Monday	Zumba/Pilates	6pm-7pm	7/2-8/27	521-0155	child care
Gladys Potter Friends of Gladys Potter Park	Jill	Wed	Music Together & then Kid's Yoga	9:30-10:30am	7/10-8-21	Friends of Gladys Potter Park on Facebook	Caregivers/ Children together
Joslin Park	Healthy Communities Office	Saturday	Zumba	12-1pm	Aug 17	Obed 421-7740 *Part of Back to School Celebration	
Brown Street Friends of Brown Street Park	Christy/YMCA	Monday	TRX	915am-1015am	Until 8/27	521-0155	child care
Brown Street Friends of Brown Street Park	Cat/YMCA	Monday	Bootcamp	530pm-630pm	Until 8/27	521-0155	child care
Brown Street Friends of Brown Street Park	YMCA	Sunday	Yoga	5pm-6pm	Until 8/27	521-0155	child care
Brown Street Friends of Brown Street Park	StrollerFit	Thursday	Strollerfit	9-10am	June 6 ends July 25; no class 7/4.	Sarah sarahrn3@gmail.com	Parents and Babies
Brown Street Friends of Brown Street Park	Liz	Wed	Yoga	6-7pm	July-September	Liz lrguardia@gmail.com	
Brown Street Friends of Brown Street Park	Jonathan	Saturday	Parkour	11am-12pm+	July-October	Jon jonathanmontalbano08@gmail.com	
Brown Street Friends of Brown Street Park	Adam	Saturday	Street Workout	12pm-1:00PM+	July-October	Adam adamdcharbonneau@gmail.com	
Brown Street Friends of Brown Street Park	Crossfit Instructors	Mon, Tues, Thursday	Crossfit	6:00am-7:00am	July-October	mike@crossfitprovidence.com	There is a FEE for this CLASS
India Point Friends of India Point Park	Providence Power Yoga	Tuesday & Thursday	Yoga	6-7am	July-August 30	providencepoweryoga.com	Studio accepts small Donations
Lippitt Park	Breathing Time Yoga	Saturday	Yoga	9:30-11:00am	July-August	breathingtimeyoga.com	Studio accepts small Donations
Lippitt Park	Ocean State Bikram	2nd Sat of the month	Yoga		2 nd Sat 7/13, 8/10, 9/14	https://www.facebook.com/events/483156531756124/	Studio accepts small Donations
Lippitt Park	Kim /YMCA	Thursday	Circuit	6:15am-7:15am	7/2-8/27	521-0155	child care
Roger Williams Temple to Music	Santosha	Tuesday & Wed	Yoga	Tues 9 am Wed 8 am	July-August	nitya@yogaatsantosha.com yogasantosha.com	\$10/class

Please go to providenceparks.org or providenceri.com/health for more details and updates.

Last updated 7/11/13