



SUMMER OUTDOOR FITNESS CLASSES

Boot Camp • Yoga • Zumba
City Park and Houdini Plaza
Summer Session: June 7-August 22

It's time to get back to FITNESS, FRIENDS AND COMMUNITY!

The Appleton YMCA is excited to partner with the Appleton Parks and Recreation Department to bring you FREE outdoor fitness classes all summer long.

Grab a friend (or two) and join us this summer for Boot Camp, Yoga and Zumba. This variety of classes is for all ages, and all abilities. All you need to do is bring a towel, mat, water bottle...**and a SMILE!**

Tuesday • 6:00-6:45 PM | Zumba at Houdini Plaza

Thursday • 5:00-5:45 PM | Boot Camp at City Park

Thursday • 6:00-6:45 PM | Yoga at City Park

Friday • 9:00-9:45 AM | Zumba at Houdini Plaza

For more information contact Kristina Schultz at kschultz@ymcafoxcities.org or 920.954.7616

