

FREE OUTDOOR FITNESS

October

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Yoga - 10 a.m.	2 Yoga - 6 p.m.	3 H.I.I.T - 9 a.m.	4 Barre - 10:15 a.m.	5 Strength Training - 10:30 a.m.	6	7
8 Yoga - 10 a.m.	9 Yoga - 6 p.m.	10 H.I.I.T - 9 a.m.	11 Barre - 10:15 a.m. Zumba - 6 p.m.	12 Strength Training - 10:30 a.m.	13	14
15 Yoga - 10 a.m.	16 Yoga - 6 p.m.	17 H.I.I.T - 9 a.m.	18 Barre - 10:15 a.m. Zumba - 6 p.m.	19 Strength Training - 10:30 a.m.	20	21
22 Yoga - 10 a.m.	23 Yoga - 6 p.m.	24 H.I.I.T - 9 a.m.	25 Barre - 10:15 a.m. Zumba - 6 p.m.	26 Strength Training - 10:30 a.m.	27	28
29 Yoga - 10 a.m.	30 Yoga - 6 p.m.	31 H.I.I.T - 9 a.m.				



Free Outdoor Fitness at Newtown Park is back. These FREE, outdoor fitness classes are a great way to stay healthy and have fun! Be sure to give one a try this season! Certified instructors teach these popular classes and all fitness levels are welcome.

The classes run through November! They are held at the Newtown Park Amphitheater and available Saturday - Thursday. All classes are 1 hour.



Use code for full class descriptions!

Newtown Park
3150 Old Alabama Road
JohnsCreekGa.gov
678-512-3200