



# APRIL 2021

## FREE OUTDOOR FITNESS

Free Outdoor Fitness at Newtown Park returns this April! These FREE, outdoor fitness classes are a great way to stay healthy and have fun! Certified instructors teach these popular classes and all fitness levels are welcome.

The one-hour classes will begin on Thursday, April 1, with Yoga! All classes are held at the Mark Burkhalter Amphitheater in Newtown Park. Monday classes being at 6 p.m., Thursday and Sunday classes begin at 10 a.m.

Classes in April include outdoor Yoga and Bar-less Barre.

**Participants will be required to follow all social distancing guidelines.**

### Schedule

### Location

YOGA DATES	BAR-LESS BARRE DATES
Thursday, April, 01	Sunday, April 11
Sunday, April, 04	Sunday, April 25
Monday, April, 05	
Thursday, April, 08	
Monday, April, 12	
Thursday, April, 15	
Sunday, April, 18	
Monday, April, 19	
Thursday, April, 22	
Monday, April, 26	
Thursday, April, 29	

Newtown Park  
Amphitheater  
3150 Old Alabama Road  
All classes are one hour.

**All participants must bring their own exercise mats and water bottles. Class sizes will be limited.**

**Please do not attend the class if you have any flu-like symptoms, have recently been diagnosed with COVID-19, or have been in contact with a COVID-19 patient.**