



Fitness in the Park



Public Health
Prevent. Promote. Protect.

Amarillo

Free Classes from September 8th until
October 29th

TUESDAY

YOGA IN THE PARK
5:30PM | MEMORIAL PARK

THURSDAY

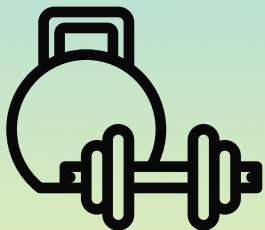
BEGINNER BOOTCAMP
5:30PM | MEMORIAL PARK

SATURDAY

LIIT IN THE PARK
9:00AM | MEMORIAL PARK
WALK WITH EASE
10:00AM | MEMORIAL PARK

Mats are provided. Please bring your own water and wear clothes you can move in.

LITT



This class is geared towards beginners and individuals who may need modified exercise options. This class helps strengthen both cardiovascular and muscular endurance.

Beginner bootcamp



This is a full body workout that mixes interval training, strength training and traditional callisthenic and body weight exercises. This class helps improve cardiovascular endurance and strength.

Walk with Ease



This is a self-paced walking program conducted in a class format with fellow walkers. Walk with Ease helps improve balance, strength, bone density, as well as arthritis symptoms

Yoga



Yoga- A mind body practice that incorporates simple flowing sequences to warm up the body and slower-paced movements focused on alignment, strength, balance, and flexibility.