



2017 Tuesdays Fitness at the Downtown Greenway

Morehead Park Trailhead (located at Spring Garden and South Edgeworth Streets)
6-7 pm

May 2	Zumba	Cee Duncan
May 9	Power Hour	Steven Britton
May 16	HIIT	Sally Maley
May 23	Line Dancing	Brenda Ray
May 30	Zumba	Rhonda Johnson
June 6	Functional Fitness	Cindy Barbour*
June 13	Circuit	Alexis Steptoe
June 20	Line Dancing	Brenda Ray
June 27	HIIT	Alexis Steptoe

JULY- NO CLASSES OFFERED DURING JULY

Aug 1	Boot Camp	Kristi Hunter
Aug 8	Power Hour	Steven Britton
Aug 15	Cize	Jen Kalbaugh
Aug 22	Functional Fitness	Cindy Barbour*
Aug 29	HIIT	Alexis Steptoe
Sept 5	Turbo Kick	Jen Kalbaugh
Sept 12	Functional Fitness	Cindy Barbour*
Sept 19	Boot Camp	Brenda Ray
Sept 26	HIIT	Sally Maley
Oct 3	Zumba	Cee Duncan
Oct 10	Boot Camp	Sally Maley
Oct 17	Functional Fitness	Cindy Barbour*
Oct 24	Line Dancing	Brenda Ray
October 31	Belly Dancing	Faun Finley

*Bring a mat to class

For more information:

www.downtowngreenway.org/events

336.379.0821