



Tuesdays Fitness at the Downtown Greenway

Morehead Park Trailhead (located at Spring Garden and South Edgeworth Streets)

6-7 pm

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| May 3 | INSANITY* with Jen Kalbaugh |
| May 10 | Boot Camp with Sally Maley |
| May 17 | Circuit Training with Sara Willis |
| May 24 | Zumba with Lisa Myers |
| May 31 | Boot Camp with Kristi Hunter |
| June 7 | TurboKick with Jen Kalbaugh |
| June 14 | Yoga Core* with Alison Presley |
| June 21 | Tabata with Kristi Hunter |
| June 28 | Boot Camp with Cindy Barbour |
| July 5 | Zumba with Cee Duncan |
| July 12 | HIIT with Marissa Finn |
| July 19 | Circuit Training with Marissa Finn |
| July 26 | Zumba with Phylathia Muhammad |
| Aug 2 | HIIT with Cindy Barbour |
| Aug 9 | TurboKick with Lisa Myers |
| Aug 16 | Circuit Training with Sara Willis |
| Aug 23 | Zumba with Phylathia Muhammad |
| Aug 30 | Boot Camp with Sally Maley |
| Sept 6 | HIIT with Sally Maley |
| Sept 13 | Zumba with Lisa Myers |
| Sept 20 | Circuit Training with Sally Maley |
| Sept 27 | Pilates* with Meagan Joliffe |

*bring a mat