

FITNESS DEMOS

WITH PARKS, REC & CULTURE



No pre-registration required - Must bring your own mat

Discover the power of moving together! Our Demo Fitness Classes provide an opportunity to meet our certified instructors, connect with others, and enjoy a workout that is both enjoyable and effective. Join us to stay active, have fun, and discover what your body can achieve. We look forward to seeing you at our Recreation Centers.



Zumba

Thursday, August 27 | SPL
6:45-7:45pm | Jake Fisher

Tuesday, September 1 | SPL
7:00-8:00pm | Jake Fisher

Thursday, September 3 | SPL
6:45-7:45pm | Jake Fisher

Tuesday, September 8 | SPL
7:00-8:00pm | Jake Fisher



Core n' Strength Surge

Wednesday, August 26 | SPL
12:10-12:50pm | Christine Lester

Monday, August 31 | SPL
12:10-12:50pm | Christine Lester



Balance Zone

Monday, August 31 | SPL
6:15-7:15pm | Carol Rubino



Strength in 30

Monday, August 24 | ELRC
5:30-6pm | Ashley Turpin

Wednesday, September 2 | ELRC
5:30-6pm | Ashley Turpin



Strength Endurance

Sunday, August 23 | SPL
2:00-2:45pm | Leon Beckum

Sunday, August 30 | SPL
2:00-2:45pm | Leon Beckum

Tuesday, September 1 | SPL
6:00-6:45pm | Jake Fisher

Tuesday, September 8 | SPL
6:00-6:45pm | Jake Fisher



Vinyasa Yoga

Monday, August 24 | ELRC
6:15-7:15pm | Ashley Turpin

Wednesday, September 2 | ELRC
6:15-7:15pm | Ashley Turpin



Power 30 Pilates

Tuesday, August 25 | Holcom
6:00-6:30pm | Tessa Huffman

Thursday, August 27 | Holcom
6:00-6:30pm | Tessa Huffman

SPL – Sports Pavilion Lawrence,
100 Rock Chalk Ln

Holcom – Holcom Recreation
Center, 2700 W. 27th St

ELRC – East Lawrence Recreation
Center, 1245 E. 15th St

Contact: Jo Mendoza, Recreation Supervisor
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