



# FREE WEEKLY FITNESS CLASSES for July 2017

Flushing Meadows Corona Park

Classes take place outdoors near the UNISPHERE\*

***BootCamp: Tuesdays at 7am and Thursdays at 8am***

***High Intensity Training: Wednesdays at 7am***

***Yoga: Tuesdays at 8am, Wednesdays at 6pm  
and Fridays at 1pm***

***Meditation: Thursdays at 7am and Fridays at noon***

***Calisthenics: Tuesdays at noon and 1pm, Wednesdays at 8am***

- Best deal in town – free! – with expert instructors.
- Bring a yoga mat and wear your workout clothes.
- Beginners welcome. Try one class or try them all!

For additional class dates and times, please visit “Events” at: [www.allianceformcp.org](http://www.allianceformcp.org)

***\*Weather Permitting***