

# DTSB SUMMER FITNESS SERIES

DOWNTOWN GRIDIRON • JUN 8 - AUG 31\* • 8AM - 11AM

DTSB has partnered with local fitness organizations to provide a free outdoor summer fitness program at the Gridiron in downtown South Bend every Saturday morning from 8 am to 11 am to encourage healthy living. Open to all ages and fitness levels!

In the event of inclement weather, classes will be canceled, but will still go on in light rain. Check the DTSB Facebook page for updates.

The Summer Fitness Series Food and Personal Item drive for the Food Bank of Northern Indiana is back! Participants are encouraged to bring canned goods, non-perishables, or personal items.

\*No class on August 10 for Art Beat | \*\*Denotes Independent Instructor | Sessions appear in order

Brought to you by:



Date	Activity	Provided by	Date	Activity	Provided by
June 8	Yoga Zumba Tai Chi	Karin Lanning - Beacon Kimmi Troy - Beacon Swan Mishler - Beacon	July 20	Yoga Zumba Barre	Alyssa Rios - Soul Fire Yoga Nancy Pacheco** B Present Studio
June 15	Yoga Zumba Core & Restore	Caitlin Hubbard - Bend Yoga Angelica Salazar** Caitlin Hubbard - Bend Yoga	July 27	Yoga Zumba Grit	Rian Hutamy - YMCA Rian Hutamy - YMCA Heather Zobrosky - YMCA
June 22	Yoga Zumba Power Core	Steve Krojniewski - True Balance Kim Hubble** Kelly Skwarcan - Beacon	August 3	Yoga Zumba HIIT	Kay Woods - Soul Fire Yoga Julie Try** Burn Boot Camp Granger
June 29	Yoga Zumba Hip Hop	Melissa Gunter - Traveling Yogi Carlitos Centellas** Jess Snyder**	August 17	Yoga Zumba Core Pilates	Courtney Canfield - Beyond Zen Olga Hodgetts - Eastlake Athletic Karin Lanning - Beacon
July 6	Yoga Zumba Boot Camp	Kara Boyles** Nicci Dewitt - Pure Core Rumi Narasaki - Pure Core	August 24	Yoga Zumba Tai Chi	Dena Woods - Healing Lab Carlitos Centellas** Cecilia Hossler - Forever Learning
July 13	Yoga Zumba LM Tone	Jessica Garretson - Elite Performance Kerri Stockbridge - Pure Core Jessica Garretson - Elite Performance	August 31	Yoga Zumba WERQ	Ra Vincent - Ra Yoga & Bodywork Michelle Doty** Natalie McClure - Beacon

Instruction provided by:



SCAN HERE FOR MORE INFORMATION



DowntownSouthBend.com