

INDEPENDENT HEALTH AND THE YMCA PRESENT

FITNESS

IN THE

PARKS

15 YEARS OF FITNESS + FUN

GET FIT FOR FREE FROM JUNE - AUGUST

FREE outdoor classes featuring Zumba®, Barre, Pilates, Circuit Training, Tai Chi, Yoga and more!

22 parks across WNY with free parking

Nearly **500 classes** this summer, led by YMCA-certified instructors

No registration required. Just show up!

– See Full Schedule on Reverse –

PRESENTED BY:



2026 FITNESS IN THE PARKS SCHEDULE

JUNE 1 TO AUGUST 31

(No classes July 4)

AMHERST

Bassett Park

Tai Chi: Tue, 6 p.m.

Pilates/Yoga/Fusion: Fri, 5:30 p.m.

Zumba®: Fri, 6:30 p.m.

Garrison Park

Bootcamp: Mon, 6 p.m.

Zumba®: Wed, 5:30 p.m.

Express Yoga: Wed, 6:30 p.m.

BUFFALO

Bidwell Park

Yoga: Sat, 10:15 a.m.

Buffalo RiverWorks

Circuit Training: Mon, 5:30 p.m.

Delaware Park

Yoga: Sun, 10 a.m. & Wed, 5 p.m.

Larkin Square

Zumba®: Mon, 5:15 p.m. &

Sat, 9:30 a.m.

Outer Harbor Buffalo (Wilkeson Pointe)

Yoga: Tue & Thu, 6 p.m.

CHEEKTOWAGA

Cheektowaga Town Park

Yoga: Mon, 9 a.m.

* Les Mills® BodyBalance:

Wed, 8:30 a.m.

Losson Park

Zumba®: Tue & Thu, 9:30 a.m.

CLARENCE

Clarence Town Park (Main Street Park)

Pilates: Fri, 10 a.m.

GASPORT

Royalton Ravine Park

Pilates/Yoga/Fusion: Mon, 5:30 p.m.

JAMESTOWN

Lucille Ball Memorial Park (Celoron Park)

Pound®: Tue, 5:30 p.m.

Strength & Movement: Wed, 11 a.m.

LANCASTER

Westwood Park

Circuit Training: Wed, 6 p.m.

LEWISTON

Academy Park

Yoga: Sun, 10 a.m.

No class 7/19

LOCKPORT

Day Road Park

Core & More: Mon, 10 a.m.

(Class starts 7/6)

Yoga: Tue, 6:30 p.m.

Goehle Marina

(Widewaters Marina)

* Les Mills® Dance: Wed, 10 a.m.

Barre: Wed, 11 a.m.

Pendleton Park

* TurboKick: Sun, 10 a.m.

Barre: Thu, 6:30 p.m.

NIAGARA FALLS

Niagara University (Kiernan Recreation Center)

Yoga: Thu, 5:15 p.m.

OLCOTT

Krull Park

Yoga: Mon & Wed, 6:30 p.m.

ORCHARD PARK

Chestnut Ridge Park

Yoga: Tue, 6:15 p.m.

Pilates: Thu, 6 p.m.

SOUTH BUFFALO

Cazenovia Park

Zumba®: Wed, 6:30 p.m.

TONAWANDA

Ellicott Creek Park

Core & More: Mon, 6 p.m.

* Les Mills® BodyBalance: Thu, 6 p.m.



Attend any class
at any park and
receive a FREE
giveaway
(while supplies last),
courtesy of
Independent
Health!

* Indicates New Class

For more information, including class descriptions, visit independenthealth.com/fitpark

Please note: Cancellations will be listed on the YMCA's Facebook page.