

Allentown Fitness in the Park

May - September | Tuesdays & Saturdays

Get ready to move and groove with Fitness in the Parks, a free community fitness series running from May - September across city parks.

May 9 Dance Fitness	West Park Jennifer Stoudt	June 23 Dance Fitness	Union Terrace Jennifer Stoudt	August 15 Pilates	Rose Garden Pavillion Carissa Escobar
May 12 Walking	Fish Hatchery Trail Amber Metz NBC-HWC	June 27 Yoga	Rose Garden Bearded Yoga Life	August 18 Dance Fitness	Union Terrace Jennifer Stoudt
May 16 Pilates	Jordan Park Maria Ortiz	June 30 Pilates	Rose Garden Maria Ortiz	August 22 Yoga	Rose Garden Bearded Yoga Life
May 19 Yoga	Arts Park Maria Ortiz	July 7 Yoga	Arts Park Bearded Yoga Life	August 25 Pilates	Rose Garden Carissa Escobar
May 23 Walking	South Mountain Trail Amber Metz NBC-HWC	July 11 Walking	South Mountain Trail Amber Metz NBC-HWC	August 29 Dance Fitness	West Park Jennifer Stoudt
May 26 Dance Fitness	Union Terrace Jennifer Stoudt	July 14 Walking	Fish Hatchery Trail Amber Metz NBC-HWC	September 1 Yoga	Arts Park Bearded Yoga Life
May 30 Yoga	Rose Gardens Bearded Yoga Life	July 18 Pilates	Rose Garden Pavillion Carissa Escobar	September 5 Pilates	Rose Garden Pavillion Maria Ortiz
June 2 Pilates	Rose Gardens Carissa Escobar	July 21 Dance Fitness	West Park Jennifer Stoudt	September 8 Dance Fitness	Union Terrace Jennifer Stoudt
June 6 Dance Fitness	West Park Jennifer Stoudt	July 25 Yoga	Rose Garden Bearded Yoga Life	September 12 Walking	South Mountain Trail Amber Metz NBC-HWC
June 9 Yoga	Arts Park Bearded Yoga Life	July 28 Pilates	Rose Garden Maria Ortiz	September 15 Walking	Fish Hatchery Trail Amber Metz NBC-HWC
June 13 Pilates	Rose Gardens Pavillion Maria Ortiz	August 1 Dance Fitness	West Park Jennifer Stoudt	September 19 Yoga	Rose Garden Bearded Yoga Life
June 16 Walking	Fish Hatchery Trail Amber Metz NBC-HWC	August 4 Yoga	Arts Park Bearded Yoga Life	September 22 Pilates	Rose Garden Carissa Escobar
June 20 Walking	South Mountain Trail Amber Metz NBC-HWC	August 8 Walking	South Mountain Trail Amber Metz NBC-HWC	September 26 Dance Fitness	West Park Jennifer Stoudt
		August 11 Walking	Fish Hatchery Trail Amber Metz NBC-HWC		

For more info visit allentownpa.myrec.com