

Pan-O-Prog Fitness in the Park 2024

Have you always wanted to try fitness classes without the price tag or the commitment? Come to Casperson Park on Monday, July 8th for a day of enjoying free fitness in the park. There's something for every fitness level!

Drop in to these FREE offerings from these incredible fitness organizations. Events are first come, first serve, no pre-registration necessary, but come early to save your space!

****See Event Descriptions Below****

Pavilion B (Park Entrance)	Pavilion A (Attached to bathrooms)	Pavilion C (By the Lake)
5:30-6:30 am Moms on the Run		
8:00-8:45 am BURN Boot Camp		
9:00-10:00 am Kids on the Run		9:00-9:45 am Yoga w/Robin's WellNest
	9:30-10:30 am Puravida Fitness	10:00-10:30 am Kids Yoga
10:30-12:00 pm Breathwork w/Aligned Transformations		
12:00 pm - 3:00pm Break for Highest Heat of the Day		
3:30-4:00 pm Title Boxing		
4:00-4:30 pm Title Boxing	4:15 - 6:00pm Resilience Martial Arts 4:15pm: Youth Boxing 4:20pm: Tae Kwon Do 5:00pm: Muay Thai	
		4:30-5:00 Freedom Dance
5:00-5:45 pm BURN Boot Camp		
6:00-7:00 pm Moms on the Run	6:00-6:30 pm Freedom Dance	6:00-7:15 pm Yoga w/Robin's WellNest
7:00-7:30 pm Freedom Dance	6:30-7:30pm Puravida Fitness	**7:00 pm - Silver Cycling & Lakeville Cycling Association at West Lake Marion Mountain Bike Trailhead
7:30-9:00 pm Breathwork w/Aligned Transformations		7:30-8:15pm Yoga w/Robin's WellNest

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Event Descriptions

Event	Description	Time/Location (pavilion) Kids classes highlighted
Moms on the Run	Offering outdoor run/walk and strength training classes for women, men are welcome to join in the training fun for POP!	8:00-9:00 am (B) 9:00-10:00 am (B) - KIDS on the run 6:00-7:00 pm (B)
BURN Boot Camp	A fitness facility offering 45-minute challenging workouts through community-based fitness with circuit style, burst training	8:00-8:45 am (C) 5:00-5:45 pm (C)
Breathwork w/Aligned Transformations	Somatic Breathwork is a profound and transformative practice that supports individuals who may find themselves feeling imbalanced in life. This technique integrates the body and mind through intentional breathing patterns, fostering a deeper connection with oneself. By focusing on the breath, Somatic Breathwork allows for the release of physical tension, emotional blockages, and mental clutter, paving the way for healing and rejuvenation. Bring a yoga mat, towel and/or cushion or chair to be comfortable.	10:30am-12:00pm (A) 7:30-9:00 pm (A)
Freedom Dance	Empowering people with fun, accessible movement for stress release. Bring a yoga mat or a towel.	4:30-5:30 pm (B) 6:00-6:30 pm (A) 7:00-7:30 pm (B)
Resilience Martial Arts Showcase	<p>Youth Boxing (ages 7-15): Find your inner champion! Learning Boxing has never been easier, more effective and fun! This is not your average boxing cardio class... Work mitts with Coach Alexander and partner drills as well as agility training to improve your punching power, master your footwork, move with effective angles and build your defense by learning to see punches before they are thrown.</p> <p>Muay Thai (ages 13+): All levels are welcome! Whether you want to learn the most effective striking art for self-defense or drop some extra pounds, this is the discipline for you! Develop power, speed, and cardiovascular endurance while learning powerful kicks, devastating knee and elbow strikes and boxing techniques. Challenge yourself, light your inner fire and discover your potential.</p> <p>Youth Tae Kwon Do (Youth and Adults ages 7+): TKD classes provide benefits immediately with results that last a lifetime!</p> <p>Benefits of learning Tae Kwon Do:</p> <ul style="list-style-type: none"> - Better focus and concentration skills - Learn courtesy and respect - Improve self-control and cooperation - Increased perseverance and resilience 	<p>4:15-5:15 pm(A) Youth Boxing</p> <p>4:20-5:20 pm(A) Tae Kwon Do</p> <p>5:00-6:00 pm(A) Muay Thai</p>

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Title Boxing Club	Our stress-busting, high-sweat group fitness workouts are as fierce as they are fun. Perfect for people of all ages and fitness levels, we combine no-hit boxing and kickboxing techniques with cardio and strength/toning and core exercises to help you reach your goals quickly and effectively.	3:30-4:00 pm (B) 4:00-4:30 pm (B)
Silver Cycling and Lakeville Cycling Association	Promoting cycling for all ages in the local community	7:00-8:00 West Lake Marion Mountain Biking Trailhead
Puravida Fitness LLC	Too many people live with pain and discomfort. There is hope. The right exercises can be medicine for joint issues and other. Come and learn effective and safe exercise strategies to reduce pain and improve function so you can live the high quality of life you deserve. Each attendee will receive a strategic protocol to address their specific pain issues.	6:30-7:30pm (A)
Yoga w/Robin's WellNest	Gentle, accessible, yoga for every body with a focus on breath and movement (hatha) in a flowing sequence (vinyasa). Bring a yoga mat and a water bottle. Robin's WellNest focuses on lifelong wellness solutions through inner fitness and simple nutrition.	9:00-10:00 am (C) 10:00-10:30 am (C)- KIDS Yoga 6:00-7:00 pm (C) 7:30-8:30pm (C)

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