

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	9:30-10:30 am Puravida Fitness	9:00-9:45 am Yoga w/Robin's WellNest
		10:00-10:30 am Kids Yoga
10:30-11:30 pm Breathwork w/Aligned Transformations (max 10)		
12:00 pm - 3:00pm Break for Highest Heat of the Day		
3:30-4:00 pm Title Boxing Club		
4:00-4:30 pm Title Boxing Club	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	**6:00 pm - Silver Cycling & Lakeville Cycling Association at West Lake Marion Mountain Bike Trailhead
7:30-8:30 pm Breathwork w/Aligned Transformations (max 10)		7:30-8:15 pm Yoga w/Robin's WellNest

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Event Descriptions

Event	Description	Time/Location (pavilion) Kids classes highlighted
Moms on the Run	Moms on the Run offers instructor-led fitness classes for women (not just moms), including outdoor run/walk and strength training classes for all ages and fitness levels. All of our Pan-O-Prog classes will be co-ed, and kids are always welcome to attend alongside a participating adult (stroller, scooter, bike, or running/walking alongside you), so invite the whole family out to join in on the fun! Please bring a yoga mat or towel and water bottle. Adult classes will involve a warmup, 30 min of cardio intervals (walking fully, walk/run combo, or running fully), 15 min strength training, and stretching. Youth classes (designed for ages 5-12), will incorporate some structured running/walking interval time as well as several games to keep the kids engaged and having fun while getting in movement. Youth participants must be accompanied by an adult (Adults do not need to participate, but must stay near the activities).	5:30-6:30 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)
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.	9:00-9:45 am (C) 10:00-10:30 am (C)- KIDS Yoga 6:00-7:15 pm (C) 7:30-8:15 pm (C)
Breathwork w/Aligned Transformations	Somatic Breathwork offers a unique opportunity to release old patterns and welcome fresh energy. By focusing on deep, rhythmic breathing, we can tap into the parasympathetic nervous system, promoting relaxation and reducing stress. This mindful breathing technique allows us to connect deeply with our bodies, bringing awareness to areas that may hold tension or unresolved emotions. As we breathe, we can visualize releasing these blockages, making space for new intentions that align with our highest selves. By setting intentions, we can manifest our deepest desires and create a more balanced, fulfilling life. Please bring a yoga mat or towel to lie down on. You can also bring a blanket, pillow, eye mask, or anything that will help you in being comfortable during this session. If you are more comfortable sitting, please bring a chair. (max 10 people)	10:30am-12:00pm (A) 7:30-9:00 pm (A)
Freedom Dance	Empowering people with fun, accessible movement for stress release.	4:30-5:30 pm (B) 6:00-6:30 pm (A) 7:00-7:30 pm (B)
Resilience Martial Arts Showcase	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	4:15-5:15 pm(A) Youth Boxing 4:20-5:20 pm(A) Tae Kwon Do

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	<p>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>5:00-6:00 pm(A) Muay Thai</p>
<p>Title Boxing Club</p>	<p>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.</p>	<p>3:30-4:00 pm (B) 4:00-4:30 pm (B)</p>
<p>Silver Cycling and Lakeville Cycling Association</p>	<p>A chance to check out the great amenity known as West Lake Marion Mountain Bike Trail (established in 2017).</p> <p>Come out and ride a designated course 1.5-2 miles (on a beginner course and around the skills area)...</p> <p>Register (at no charge) and ride the course to be eligible to win prizes. All ages are welcome to participate ...go at your own speed and comfort level. Ride it yourself, and bring your children and grandchildren as well.</p> <p>In addition...the course will be open to ride at 6:15 and finishes at 7:15...prizes will be given out at approximately 7:40...drinks and a snack will be provided by Lakeville Cycling Association...Looking forward to seeing you....!</p>	<p>6:00-8:00 West Lake Marion Mountain Biking Trailhead</p>
<p>Puravida Fitness LLC</p>	<p>Too many people live with pain and discomfort. There is hope. The right exercises can be medicine for joint issues and others. 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.</p>	<p>6:30-7:30pm (A)</p>