

# Woodlawn Fitness Hub

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Boot Camp	18 +	Indoor	Woodlawn Lake Park	Monday	6:30 pm	Woodlawn Lake Gym	
Yoga	18 +	Indoor	Woodlawn Lake Park	Monday	7:30 pm	Woodlawn Lake Gym	
Fit Camp	18 +	Indoor	Woodlawn Lake Park	Tuesday	6:30 pm	Woodlawn Lake Gym	
Flexibility & Mobility	18 +	Indoor	Woodlawn Lake Park	Tuesday	7:30 pm	Woodlawn Lake Gym	
Fit Camp	18 +	Indoor	Woodlawn Lake Park	Wednesday	6:30 pm	Woodlawn Lake Gym	
Pilates	18 +	Indoor	Woodlawn Lake Park	Wednesday	7:30 pm	Woodlawn Lake Gym	
SPEAR Training	18 +	Indoor	Woodlawn Lake Park	Thursday	6:30 pm	Woodlawn Lake Gym	
Dance Fitness	18 +	Indoor	Woodlawn Lake Park	Thursday	7:30 pm	Woodlawn Lake Gym	

## Class Descriptions: Woodlawn Fitness Hub

**The Woodlawn Fitness Hub is the place for consistent Fitness in the Park classes with very limited cancellations due to weather or facility closures. With a variety of classes to choose from, the Woodlawn Fitness Hub has something for everybody and every goal!**

- Boot Camp—classes are moderate to high intensity and designed to build strength and cardio fitness levels
- Yoga—classes will exercise your mind, body, and soul. Yoga helps reduce stress and anxiety, improve flexibility, and strengthen respiratory functions
- Fit Camp—a total body workout that will include strength, cardio, and core exercises
- Flexibility and Mobility—class is designed to lengthen and strengthen muscles while promoting joint mobility and stability. Exercises can be modified for beginners and advanced participants
- Pilates—focuses on improving strength, flexibility, and body awareness through controlled movements and stretches
- SPEAR Training—(Strength, Power, Endurance and Resistance) training classes follow the CrossFit methodology and are constantly varied functional movements performed at high intensity
- Dance Fitness—classes will combine multiple dance styles to get participants moving and grooving while burning calories!