



# BEVERLY ATHLETIC CLUB

PRESENTS



## FITNESS IN THE PARK

LOCATED AT LYNCH PARK, BEVERLY MA

A six session series of fun and invigorating classes sponsored by the Beverly Athletic Club. These classes are **FREE for the community** so grab your sneakers, water and a friend and enjoy some great exercise in great surroundings!



### MAT PILATES

**Wednesday, July 3, 6pm**

Classical Pilates movements and variations combined with dynamic stretching. Benefits include a tighter butt, thighs and abs, a stronger core center, increased flexibility, and an increase in energy level. **\*Bring a Mat**

Burn more calories in less time with this challenging but fun workout! Core and cardio come together in this interval format for the ultimate strengthening and conditioning workout. **\*Bring a Mat and water a must!**

### SOUL P.H.I.I.T.

**Wednesday, June 26, 6pm**



### ZUMBA

**Wednesday, July 17, 6pm**

The class that started the dance-fitness revolution and changed the way we look at "workout" forever! Dance to great music, with great people and burn a ton of calories without even realizing it! It's fun, effective and best of all, made for everyone!

### YOGA

**Wednesday, July 24, 6pm**

Experience a Vinyassa style yoga flow linking breath and mindful movement. Develop strength, balance and flexibility and leave feeling refreshed, calm and relaxed. All levels welcome.

**\*Bring a Mat**



### BODYCOMBAT

**Wednesday, July 31, 6pm**

An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

All Levels Welcome **\*Bring a Mat**

### SOUL CARDIO BARRE

**Wednesday, August 14, 6pm**

We add cardio to your Barre for the best burn ever! Short cardio bursts are interspersed throughout the class (with low impact options) to keep your heart rate elevated and the calories burning! You'll experience a total body workout with focus on the butt, legs, torso and arms to sculpt muscles and elongate the appearance of your body. **\*Bring a Mat**



**BEVERLY ATHLETIC CLUB**  
WWW.BEVERLYATHLETIC.COM

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