



BEVERLY ATHLETIC CLUB

FITNESS IN THE PARK

LOCATED AT ODELL PARK, RANTOUL STREET, BEVERLY, MA 01915

This Annual Fall Series of Fun and invigorating community classes is 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! **#yourcommunityyourclub**

THURSDAY, SEPTEMBER 21ST - KICK BOXING AT 5:30 PM WITH SARAH M

Come try this 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.

THURSDAY, SEPTEMBER 28TH - CARDIO BARRE AT 5:30 PM WITH JACQUI

Join us for a high energy Barre-less class that combines traditional barre exercises with non stop fat burning metabolic movements.

THURSDAY, OCTOBER 5TH ZUMBA AT 5:30 PM WITH ALEJANDRO

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!

THURSDAY, OCTOBER 12TH - YOGA AT 5:30 PM WITH JEN

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

THURSDAY, OCTOBER 19TH - HIIT THE GLUTES AT 5:30 PM WITH JARRID

Want to tone your glutes and Core while having a ton of fun doing it? If the answer is yes, then HIIT the Glutes is for you! Get a gut busting, booty burning, energetic, and exciting workout! This class is designed to strengthen, and enhance both the glutes and core over the course of the class.

**SCAN THE QR CODE TO LEARN MORE ABOUT
FITNESS BY THE POND AT 600 CUMMINGS CENTER THIS FALL**

A FREE COMMUNITY EVENT



SCAN ME



#bacstrong
YOUR community club

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