



NEWPORT COUNTY YMCA OUTDOOR GROUPX CLASSES

Get outside this summer and get fit! These classes are FREE and open to the community!

CLASS: **YOGA & AEROBICS & STRENGTH** Lunch Time GroupX Fitness Classes

WHEN: July 6 through August 29

Tuesdays **YOGA** from 12-1pm and Thursdays **AEROBICS & STRENGTH** from 12-1pm

WHERE: Top fields across from BankNewport near the upper parking lot at the Newport County YMCA

CLASS: **AEROBICS, STRENGTH & STRETCH**

Fitness in the Park! Sponsored by the Aquidneck Land Trust and Powered by Prince!

WHEN: Sundays in August from 10-10:45am

WHERE: Miantonomi Memorial Park, Hillside Ave, Newport RI 02840

Stick around after class to climb the Miantonomi Tower open Sundays this summer from 11-2pm

PLEASE NOTE OUTDOOR CLASSES ARE WEATHER PERMITTED

Newport County YMCA, 792 Valley Rd, Middletown, RI 02842

401-847-9200 • www.newportymca.org

SET GOALS
THIS SUMMER,
THEN DEMOLISH THEM!