



DUNELAND FAMILY YMCA &  
CHESTERTON PARKS DEPARTMENT PRESENT

# FUN & FREE FITNESS FRIDAYS

EVERY FRIDAY, 12 - 1PM, THROUGH OCTOBER

Meet at Thomas Centennial Park for instructor-led group exercise classes, including BodyPump, Yoga, Zumba, Pilates, TurboKick, Bootcamp and more!

**No Membership Required, Ages 14+**  
**Bring a yoga mat or towel and a water bottle!**