

COMMUNITY CALENDAR **FREE FITNESS CLASSES**

Yoga in the Park

Sponsored by Inwood Athletic Club

Instructions: Please bring your own mat. Class is cancelled in the event of inclement weather.

Location: Briese Park, Joliet (corner of Cedarwood Dr. and Ingalls Ave.)

Dates: Saturdays June 8 – Aug. 24

Time: 9:30-10:30 a.m.

Pound with Crystal

Sponsored by the YMCA

Location: Goold Park, 300 Northern Ave., Morris

Dates: Mondays June 3 – Aug. 5

Time: 8:30-9:20 a.m.

Fitness Yoga with Linette

Sponsored by the YMCA

Location: Goold Park, 300 Northern Ave., Morris

Dates: Wednesdays June 5 – Aug. 7

Time: 6:45-7:35 a.m.

Zumba with Tiffany

Sponsored by the YMCA

Location: Joliet Slammers Stadium, 1 Mayor Art Schultz Dr.

Dates: Mondays, June 10 – Aug. 12

Time: 9:30-10:30 a.m.

Zumba with Stacy

Sponsored by the YMCA

Location: Ira Jones Middle School parking lot behind the Y, 15320 Wallin Dr., Plainfield

Dates: Fridays, June 7 – Aug. 9

Time: 8:30-9:15 a.m.

Cardio Fitness Classes

Sponsored by: Spanish Community Center

Location: Spanish Community Center, 309 N. Eastern, Joliet, Main Floor Gym

Dates and Times: Mondays 7:45-8:45 p.m., Wednesdays 7:30-8:30 p.m., Fridays 7:30-8:30 p.m.

Aerial Yoga Classes

Sponsored by Elite Fitness Training Studio

Location: 700 West Jefferson Rd., Shorewood

Dates and Times: 6/11 6-7 p.m.; 6/27 9-10 a.m.; 7/9 6-7 p.m.; 7/11 6-7 p.m.; 7/18 6-7 p.m.; 7/28 9-10 a.m.
8/18 9-10 a.m.

Note: Online advance registration required at EliteFitnessTrainingStudio.com

Aerial Fitness Classes

Sponsored by Elite Fitness Training Studio

Location: 700 West Jefferson Rd., Shorewood

Dates and Times: 7/1 6-7 p.m.; 7/24 6-7 p.m.; 8/12 6-7 p.m.

Note: Online advance registration required at EliteFitnessTrainingStudio.com



Kids' Aerial Classes

Sponsored by Elite Fitness Training Studio

Location: 700 West Jefferson Rd., Shorewood

Dates and Times: 6/13 5-6 p.m., 7/11 5-6 p.m.; 8/8 5-6 p.m.

Note: Online advance registration required at EliteFitnessTrainingStudio.com

Belly Dance Fitness Classes

Sponsored by Elite Fitness Training Studio

Location: 700 West Jefferson Rd., Shorewood

Dates and Times: 6/17 7-8 p.m., 8/12 7-8 p.m.

Note: Online advance registration required at EliteFitnessTrainingStudio.com

Aerial Yoga

Sponsored by Rise Aerial Fitness

Location: 3119 West Jefferson St., Joliet

Dates and Time: Wednesdays June 13 - Aug. 7 (no class July 3), 10:30 a.m.

Note: Online advance registration required at RiseAerialFitness.com

Ignite the Fire Fitness Classes

Sponsored by Ignite the Fire Fitness

Location: 2773 Black Rd., Joliet

Dates and Times:

Monday, June 10 6-7 a.m., 7:30-8:30 a.m., 12:30-1:30 p.m., 5:30-6:30 p.m., 7-8 p.m.

Tuesday, June 11 7:30-8:30 a.m., 1-2 p.m., 2:30-3:30 p.m., 4-5 p.m., 5:30-6:30 p.m., 7-8 p.m.

Wednesday, June 12 7:30-8:30 a.m., 1-2 p.m., 2:30-3:30 p.m., 5:30-6:30 p.m., 7-8 p.m.

Thursday, June 13 6-7 a.m., 7:30-8:30 a.m., 12:30-1:30 p.m., 4-5 p.m., 5:30-6:30 p.m., 7-8 p.m.

Friday, June 14 7:30-8:30 a.m., 2:30-3:30 p.m., 4-5 p.m.

Saturday, June 15 7-8 a.m., 8:30-9:30 a.m.

Note: Online advance registration required at Ignitethefirefit.com

This project organized by the **Will County MAPP Collaborative Chronic Care Workgroup.**

For more information or to add your facility's classes to our list, contact us on our Facebook page:

<https://www.facebook.com/willcountymapp/>