



2018 FREE Fitness on the Downtown Greenway

Morehead Park Trailhead (located at 475 Spring Garden at South Edgeworth Street)

Every Tuesday from 6:00-7:00 pm

	Class	Instructor
May 1	Functional Fitness	Cindy Barbour
May 8	Boot Camp	Sally Malley
May 15	Power Hour	Doug Harris
May 22	Cardio Dance	Danyl Walton
May 29	Instructor's Choice	Kristi Wallace
June 5	Functional Fitness	Cindy Barbour
June 12	Cardio Dance	Danyl Walton
June 19	Power Hour	Doug Harris
June 26	TurboKick	John Mortenson
	No classes in July	
August 7	Boot Camp	Doug Harris
August 14	Functional Fitness	Cindy Barbour
August 21	Power Hour	Doug Harris
August 28	Cardio Dance	Jessica Beamon
September 4	Boot Camp	Sally Malley
September 11	Power Hour	Doug Harris
September 18	Turbo Kick	John Mortenson
September 25	Functional Fitness	Cindy Barbour
October 2	Turbo Kick	John Mortenson
October 9	Power Hour	Doug Harris
October 16	Boot Camp	Sally Malley
October 23	Functional Fitness	Cindy Barbour
October 30	Turbo Kick	John Mortenson