



City Of Burnsville

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FOR IMMEDIATE RELEASE

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Community Services

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FITNESS IN THE PARK CLASSES SELECT SATURDAYS THIS SUMMER

New free fitness classes will alternate Saturdays throughout the summer between Zumba and PiYo (a combination of Pilates, yoga and cardio). Both residents and non-residents are invited to attend one or multiple classes and enjoy some 'Fitness in the Park.' No experience is required.

Who: Classes are for adults 18+, or 16+ if accompanied by a parent.
Where: Crystal Beach Park, 1101 Crystal Lake Road
Cost: FREE

PiYo LIVE

PiYo LIVE brings the physical and mental benefits of yoga into group exercise, with the added bonus of a major caloric burn. Using only body weight, participants perform a series of high-intensity, low-impact moves that will work every single muscle. Bring a yoga mat, water bottle and sweat towel.

Day: Saturday
Date: June 15, June 29 & Aug. 3
Time: 9 – 10 a.m.

Zumba

Zumba is inspired by high-energy and motivating Latin and international music. More like a dance party than a workout, fast- and slow-paced rhythms will tone and sculpt the body while burning fat using aerobic interval training. Bring tennis shoes, water bottle and sweat towel.

Day: Saturday
Date: June 22, July 13, July 27 & Aug. 10
Time: 9 – 10 a.m.

Register for classes online at <https://tinyurl.com/y27j5cee>. Presented in partnership with Burnsville-Eagan-Savage School District 191. For more information call Burnsville Recreation Department at 952-895-4500.

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