



SUMMER SERIES

WALK AND STRETCH AT PROSPECT PARK
0.5MI WALK WITH STRETCHING AFTER - BRING A MAT!

Dates: Tuesdays June 18th-July 30th
Time: 6:00pm - 7:15pm
Location: 1225 Prospect Park, Des Moines
 (we will meet at the boat ramp)
Cost: Free

CHAIR EXERCISES WITH ZAKIYA - FOREST AVENUE LIBRARY

Dates: July 10th-August 14th
Time: 5:30pm-6:15pm
Location: 1326 Forest Ave, Des Moines
Cost: Free

WATER AEROBICS WITH ZAKIYA - NORTHWEST AQUATICS POOL

Saturday June 1st & June 8th 10:30-11:30am
Sundays June 2nd - June 30th 5:30-6:30pm
Monday June 3rd - 12-1pm & 6:45-7:30pm
Tuesday June 4th - 12-1pm & 6:45-7:30pm
Friday June 7th 12-1pm & 6:45-7:30pm
Thursday June 6th 12-1pm

No Class Wednesday June 5th

Location: 4915 Madison Ave
Cost: Free

Join us for our annual Summer Series!

This year we're doing 3 different events. Come for stretching in the park, chair exercises, or water aerobics.

Bring your mat (or use one of our donated mats)

Attend one of each of these class for a FREE T-shirt!

