



July WAC Parks Calendar (McCarty Park)

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Class Descriptions						1	2
<ul style="list-style-type: none"> • Pilates Strength Bootcamp – <i>Micah Coates – Tammy Loga</i>- Practice a refreshing and focused form of strength training built upon Pilates disciplines and designed to build and fine-tune your entire body. • Body Weight Bootcamp – <i>Jason Dunkel</i>- Push yourself to set the tone for the weekend with a high-powered body weight workout designed to get your body working for you. • Pound! – <i>Rawan Abu-Saif</i> – Channel your inner rockstar! Use Ripstix®, lightly weighted exercise drumsticks, torch calories and tone during this full-body cardio jam session! 						<p>Weekday times are at 6 PM (1-45 min class or 2-30 min)</p> <p>Weekend times are at 10 AM (1-45 min class or 2-30 min classes)</p>	
<ul style="list-style-type: none"> • Triple Threat! Strength, Conditioning, and Mobility – <i>Dane Koenigter</i>- Sharpen your skills in coordination, strength and agility, and learn to move better with this class designed for optimal movement, 						7	8
<ul style="list-style-type: none"> • PLEASE BRING A MAT FOR ALL PARK WORKOUTS!! LIMITED AVAILABILITY 						9	
10	11	12	13	14	15	16	
				Dane Koenigter Triple Threat- Strength, Conditioning, Mobility – 6 PM	Tammy Loga <i>Pilates Strength Bootcamp</i> 10 AM		
17	18	19	20	21	22	23	
Rawan Abu-Saif <i>Pound!©</i> 10 AM					Jason Dunkel <i>Body Weight Bootcamp</i> 10 AM		
24	25	26	27	28	29	30	



August WAC Parks Calendar (Greenfield Park)

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
July 31 st	1 st	2 Weekday Times Are at 6 PM (1-45 min class or 2-30 min)	3	4 Dane Koengeter <i>Triple Threat-Strength, Conditioning, Mobility – 6 PM</i>	5	6 Kirsta Dispennette <i>Body Weight Interval 10 AM</i>	
7	8	9	10	11 Dane Koengeter <i>Triple Threat-Strength, Conditioning, Mobility – 6 PM</i>	12	13	
14 Rawan Abu-Saif <i>Pound!© 10 AM</i>	15	16	17	18	19	20 Kirsta Dispennette <i>Body Weight Interval 10 AM</i>	
Class Descriptions							
21	<ul style="list-style-type: none"> • Body Weight Interval – Kirsta Dispennette- Use carefully calculated work and rest intervals to optimize a strength and conditional class so that you can optimize maximize your results! • Pound! – Rawan Abu-Saif – Channel your inner rockstar! Use Ripstix®, lightly weighted exercise drumsticks, torch calories and tone during this full-body cardio jam session! • Triple Threat! Strength, Conditioning, and Mobility – Dane Koengeter- Sharpen your skills in coordination, strength and agility, and learn to move better with this class designed for optimal movement. 					26	27 Weekend times are at 10 AM (1-45 min class or 2-30 min classes)
28	29	30	31				
	<ul style="list-style-type: none"> • PLEASE BRING A MAT FOR ALL PARK WORKOUTS!! LIMITED AVAILABILITY 						