

Get Fit at Dix

Join instructors from Lifetime Fitness for free fitness in the park!



Yoga

We'll guide you through each move one pose at a time to increase strength and flexibility.

June 29 6-7pm
July 13 6-7pm
Aug 24 6-7pm

Zumba

Join the party as you burn calories dancing to international rhythms. This entertaining and inspiring class allows you to let go and enjoy the freedom of movement!

July 27 6-7pm

C9

Ready to target your entire body with strength and cardio? Take the C9 Challenge and prove to yourself that you are stronger than you think you are.

Aug 10 6-7pm

Warrior Sculpt

Show up ready to sweat and move during this yoga, strength and cardio combo.

Sept 7 6-7 pm

All programs will meet in the Big Field at Dorothea Dix Park, off Blair Drive. Please park in the Adams Building Lot. Bring a yoga mat, towel, and filled water bottle. Water is not available at the park. All fitness levels welcome. Registration required. Go to www.eventbrite.com and search for "Dorothea Dix" to register and find all programs currently offered at the park. Questions? Call 919-996-6688.



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THE HEALTHY WAY OF LIFE COMPANY

