

# POP-UP STONEHAM

Pop-Up Stoneham is a program that presents temporary, **free** events on the Town Common that engage residents, businesses, and visitors of all ages while energizing the community. Pop-Up Stoneham is presented in partnership with numerous local businesses and organizations and the Town of Stoneham. For a complete list of organizations and businesses involved, please visit [tinyurl.com/popupstoneham](http://tinyurl.com/popupstoneham). Please contact Caroline Thompson at [cthompson@stoneham-ma.gov](mailto:cthompson@stoneham-ma.gov) for more information.

## JULY EVENTS

**SATURDAY, JULY 9**

**8 AM**

### Zumba

Come down to the Common for an engaging total workout! Combining Latin and International music and dance with Zumba is a great way to tone your body while having fun! All experience levels welcome.

**Co-sponsored with the Stoneham YMCA**

**SATURDAY, JULY 16**

**8 AM**

Bootcamp is interval training featuring calisthenics, strength training, and aerobics. Want a total body workout that challenges you and strengthens your bond with your other classmates? Come try Bootcamp on the Common!

**Co-sponsored with the Stoneham YMCA**

### BOOTCAMP

**THURSDAY, JULY 21**

**9 AM**

### Barre

Barre is a full-body workout that incorporates yoga, ballet, Pilates, and weight training. Come down to the Common to try it out for yourself!

**Co-sponsored with The Energy Barre**

**SATURDAY, JULY 23**

**8 AM**

An invigorating high-intensity interval training workout, Tabata is a great way to boost endurance and speed with short, intense bursts of exercise. Come try it out on the Common!

**Co-sponsored with the Stoneham YMCA**

### TABATA



**SATURDAY JULY 30**

**9 AM**

### Barre

Barre is a full-body workout that incorporates yoga, ballet, Pilates, and weight training. Come down to the Common to try it out for yourself!

**Co-sponsored with The Energy Barre**