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**Indianapolis Cultural Trail Announces Free Summer Programming**

**INDIANAPOLIS** - Indianapolis Cultural Trail announced today its summer series of free, engaging and unique programs available for all along the Indianapolis Cultural Trail: A Legacy of Gene and Marilyn Glick. Opportunities range from live music in Lugar Plaza and educational walks along the Cultural Trail to family fitness classes and paddle board yoga on the Downtown Canal.

"Like the Cultural Trail itself, our summer offerings are free and designed to be accessible and inclusive for all ages and abilities," said Indianapolis Cultural Trail Executive Director, Kären Haley.

The Indianapolis Cultural Trail's robust schedule is made possible in part by a partnership with the City of Indianapolis Department of Metropolitan Development as well as through several community organizations and local businesses that help lead programs.

"Public spaces provide opportunities for residents and visitors to come together and experience the culture and character of Indianapolis," said Mayor Joe Hogsett. "We're excited to continue our partnership with the Indianapolis Cultural Trail and bring new downtown programs and activations for residents of all ages."

In addition to paddle board yoga on the Canal, new opportunities along the Trail this summer include pilates, family-friendly yoga, mindfulness and educational walks, weekly group runs, and a monthly live music series that highlights local Indianapolis musicians. Returning activities include the popular Sunrise Yoga on the Canal and group bike rides using Pacers Bikeshare. Special events range from dog meet-ups at the new Pawp-Up Pup Park in Lugar Plaza and free 5k in honor of National Running Day.

Several of the programs are offered regularly from now until the end of September. All are free and open to the public. Registration is required for some of the fitness activities.

For more information about free programs and events along the Indianapolis Cultural Trail, please visit: [indyculturaltrail.org/calendar](http://indyculturaltrail.org/calendar) or follow @IndyCulturalTrail on Instagram and Facebook and @INCulturalTrail on Twitter.

**About Indianapolis Cultural Trail:** The Indianapolis Cultural Trail creates, inspires and sustains connections and cultural experiences that are accessible for all. The Indianapolis Cultural Trail is both a 501(c)(3) nonprofit organization and a world class, internationally recognized linear park: The Indianapolis Cultural Trail: A Legacy of Gene and Marilyn Glick. In partnership with the City of Indianapolis, the organization also manages Pacers Bikeshare and public destinations along and connected by the Cultural Trail.

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Additional Assets: [Photo 1](#) | [Photo 2](#) | [Photo 3](#)