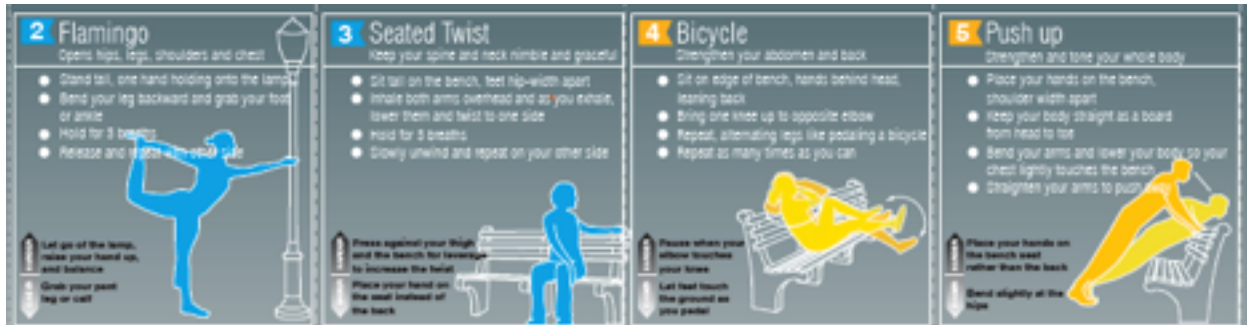


YOUR GREEN GYM

Free Outdoor Fitness Classes starting June 20th 2016 Morningside Park



Join Nancy Bruning, certified fitness trainer & creator of the Morningside Park Green Gym Program

Get your free Green Gym Fitness Map & Guide.

Learn how to put together jogging or brisk walking and stair climbing with a variety of exercises using park features such as benches and lamp posts to work every muscle group and provide bursts of cardio, plus strength training and healthful stretching. The workout can be modified to suit any/all levels of fitness, strength and flexibility.

Where: Morningside Park, meet at W. 123rd St. Rec. Center

When: June 20th - July 22th (no class July 4th)

Mondays and Wednesdays: 7:00 - 7:45 AM – Morning Fitness

Fridays: 1:00 - 1:45 PM – Lunchtime Fitness

Register now; space is limited.

For info and registration: Nancy@Nancercize.net or 1-419-962-6292.

