

FITNESS in PARKS



Sundays at 8 a.m.

June 11 – July 30 (no session July 2)

Tibbetts Brook Park, Yonkers

Motivate yourself and get fit while spending time with friends.
Class will be led by certified, personal/group fitness trainer, Gina Lee.
Classes for beginners to focus on strength, cardio and interval training
followed by a walk in the park.
Ages 16 and up

Free admission and parking



parks.westchestergov.com