

# FITNESS in PARKS



**Sundays at 8 a.m.**  
**June 4 – 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**