

**Get Fit This Summer**

**With**

# "Fitness In The Park"

**Hosted By**

**Yasha**

**Certified Group Exercise Instructor  
(Cooper Institute)  
National-Level Bodybuilder**

**1 Hour Workout: Cardio and Resistance Training  
Learn Basic Exercises In A Fun Group Setting**

**Location: White Rock Lake**

(SunSet Bay Workout Center – Poppy Entrance off Buckner Rd.)

**When: Saturday Mornings June - August** (\* Weather Permitting)

**Time: 9:00a (Workout Begins At 9:15a)**

**Items To Bring:**

- 1) Resistance Tube / Band
- 2) Yoga Mat
- 3) Bottled Water
- 4) Towel

**For More Info, Please Visit**

**[www.IamYasha.com](http://www.IamYasha.com)**

**FREE**

**(Just My Way Of Giving Back 2 The Community)**