

Fabulous Girl NYC

...a girl's guide to all things fabulous.

Tuesday, April 22, 2008

Fabulous...Central Park Workout!!

Get a rejuvenating and total body workout outside in the great weather with Physical Equilibrium's Signature Central Park Class. Held in Central Park, New York...Mondays, Wednesdays, and Saturdays until September, this class offers something for everyone regardless of your fitness level. This specialized class is designed to help individuals increase endurance, lose weight, decrease body fat, and gain muscle tone by incorporating both cardiovascular and strength training exercises in a circuit style format. Utilizing 'natural equipment' (benches, steps, grassy spaces, hills) throughout the park, this class is designed to give you a great total body workout while enjoying one of the most beautiful and historical places in the city....The Park! Space is limited and reservations are required...To make a reservation contact Sara Dimmick at sara@physeq.com or check out <http://www.physeq.com/> for more information. Fabulous!!



Classes are held... Saturdays 10:00am-11:00am, Mondays 6:30-7:30pm, Wednesdays 6:30-7:30pm. Special Prices for Fabulous Girl Readers...One month of classes (unlimited) \$175, 2 classes per week \$150 per month, 1 class per week \$100 per month or come by for a trial class for only \$20. You'll be glad you did!

Anonymous said...April 23, 2008
"Totally fabulous class! Leaves you feeling fabulous, looking fabulous. Energizing! Get yourself out in nature with the springtime park vibe!"

Jan T. said...April 24, 2008
"I loved this class. Am a huge fan of the park and getting a great workout while enjoying the outdoors!! thks."

<http://www.fabulousgirlnyc.com>

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