

Whip Yourself Back Into Shape With “Fitness in Cushman Park” As It Returns This Summer

Outdoor fitness is thriving at Cushman Park, Fairhaven, Massachusetts this summer! The South Coast community can keep fit and stay healthy with free exercise classes taught by two of the top fitness instructors in the area.

Twenty free classes in all –Yoga in the Park with Kripalu Certified Yoga Instructor, Jeff Costa and Summer Bootcamp with Certified Functional Trainer, Wayne Goulart are held through the summer in Cushman Park on Green Street.

Yoga in the Park will take place starting June 20, 2017 and continues for 10 weeks through August 22 every Tuesday from 8:30 a.m. to 9:30 a.m. This is a gentle yoga series for all levels, designed to introduce newcomers to the basics of stretching and mindfulness and challenge yoga enthusiasts with a focus on compassion for the body. **Summer Bootcamp, begins June 22 and continues each Thursday from 8:30 a.m. to 9:30 a.m. through August 24.** The Bootcamp class consists of various exercises that build functional strength and core stability with circuits utilizing light dumbbells and body weight exercises.

Yoga in Cushman Park’s instructor, Jeff Costa, E-RYT 200 is a Yoga Alliance Nationally Certified Instructor and a graduate of the Kripalu School of Yoga and Health. Jeff has over 25 years experience in the fitness industry and a BA in Liberal Arts from Boston University. The strength of Jeff’s teaching lies in his attention to detail and his compassionate approach to students’ needs. Jeff’s authentic voice and classical

approach to alignment create a class environment which engenders happiness, personal power, and peace of mind.

Summer Bootcamp instructor Wayne Goulart's career in health and wellness began as a hobby when he started lifting weights with his brother in the basement of his family home. That hobby grew into a lifestyle and eventually a passion. Wayne is a certified personal trainer (A.F.P.A.) and has been working for ten years as lead trainer at the New Bedford YMCA. A certified group exercise instructor, Wayne's specialty is functional training and his clients are from all walks of life, ages and fitness levels.

Attendees to the classes should bring a mat for Yoga and a mat plus set of weights for Bootcamp. Classes take place weather permitting – cancellations are posted on the FaceBook page: **www.facebook.com/fitnessincushmanpark** .

Fitness in Cushman Park is once again presented free to the public, for the 6th year in a row, because of generous support from community contributions. Last summer's classes were a resounding success with over one hundred fifty fitness enthusiasts attending sessions.



Kripalu Certified Yoga Instructor, Jeff Costa



Certified personal trainer (A.F.P.A.), Wayne Goulart