

South Coast's popular FREE Yoga & Summer Boot Camp classes return to Cushman Park

"Fitness in Cushman Park is celebrating its twelfth year!

Fitness in the Park is scheduled FREE TO THE PUBLIC this summer for 10 weeks of Yoga and Exercise classes in Cushman Park, Green Street Fairhaven MA. The classes are taking place Tuesdays and Thursdays 8:30am from June 20 to August 24, 2023.



Kripalu Certified Yoga Instructor, Jeff Costa. Fitness in Cushman Park photo.

TUESDAYS: Yoga in the Park begins June 20 with certified yoga instructor, Jeff Costa, E-RYT 500. Yoga in the Park is a 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.



Certified personal trainer (A.F.P.A.), Wayne Goulart. Fitness in Cushman Park photo.

THURSDAYS: Summer Bootcamp, begins June 22 with certified personal trainer (A.F.P.A.), Wayne Goulart. 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 instructor, Jeff Costa, E-RYT 500 is a Yoga Alliance Nationally Certified Instructor and a graduate of the Kripalu School of Yoga and Health. Founder of Sangha New Bedford, a yoga studio and school in downtown New Bedford (sanghanewbedford.com), Jeff is a recognized leader in the wellness industry and has over 30 years experience in fitness education with 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 that promotes 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 teaches classes and offers personal training in his studio, Body by Wayne in New Bedford MA. A certified group exercise instructor, Wayne's specialty is functional training and his clients are from all walks of life, ages and fitness levels.



Fitness in Cushman Park photo.

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 will be posted on the Fitness in Cushman Park Facebook page: www.facebook.com/fitnessincushmanpark

Fitness in Cushman Park is presented free to the public thanks to the generous support of our community sponsorship team. Fitness in Cushman Park is coordinated by Jeff Costa/SANGHA New Bedford and Susan Grace/EncorENTERTAINMENT.

For more information about Fitness in Cushman Park call 508-287-2482 or email sgrace@encorent.com or

jeff@sanghanewbedford.com.

Please like and follow Fitness in Cushman Park's Facebook page to stay involved: www.facebook.com/fitnessincushmanpark."



Fitness in Cushman Park photo.