



iExercise in the Park!

A four-week outdoor program of fitness, nutrition, motivation, and fun

Lead by Faith Kennedy , of iExercise Training Studio, Seal Beach

www.iexercise-training.com

Group class located in Seal Beach, South end of the green belt on Electric Ave at Seal Beach Blvd / Ocean

Improve your endurance, strength, energy and

feel great for the summer!

Monday-Tuesday-Thursday-5:30-6:30am

Bring beach towel, small dumbbells (5-10 lb), water, & running shoes

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- : Individual Session (drop in)= \$20
- : Join us for 1 session per week for 4 weeks \$75 \$18.75/session
- : Join us for 2 session per week for 4 weeks \$120 \$15/session
- : Join us for 3 session per week for 4 weeks \$150 \$12.50/session
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Please contact Shannan King, owner of iExercise for more info

(562) 256-0149 or healthyou2@aol.com

Registration for 4-week camp required before attending.