

The Circle Continues at Fitness in Cushman Park FREE Summer Exercise Classes in Fairhaven

“FAIRHAVEN MA- Fitness in Cushman Park returned June 18 welcoming nearly one hundred yogis of all ages in a circle of community as the event celebrated the beginning of its “Lucky 13th” year.

Fitness in the Park takes place FREE TO THE PUBLIC for 10 weeks of Yoga and Exercise classes in Cushman Park, Green Street Fairhaven MA. The classes continue Tuesdays and Thursdays 8:30am from June 18 through August 22, 2024.

TUESDAYS: Yoga in the Park is guided by certified yoga instructors from SANGHA New Bedford. Lead Teacher for the 2024 Yoga in Cushman Park season is David Trauterman. 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.

THURSDAYS: Summer Bootcamp is led by 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 training.

Attendees to the classes should bring a mat for Yoga and a mat plus set of light 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. This summer's 10 weeks of free fitness classes, are presented by SANGHA New Bedford and EncorENTERTAINMENT and are sponsored in part by Charter Fitness Sponsors: BASK, Howe Allen Realty and Euro At Phoenix; Marathon Fitness sponsors The Baker-NB and Olivia's, Humphrey, Covill & Colman Insurance, Fieldstone Farm Market, Joe's Original Kitchen + Bar, 508Tees, P.A.A.C.A, Artistic Auto, New Bedford Wellness Initiative; and Community Sponsors: Destination Soups, Salt the Spa on Elm, Spicy Lime Thai Cuisine, Oxford Creamery, Sylvia and Hurd CPA, Tax Accountant, Jessica Noblet LMT, , Simply Nails Beauty Care, The Book Witch, Art Loft, BesTeas Bubble Tea Shop, Coastal Provisions, Tracey & Company and South Coast Entertainment, with special thanks to the Town of Fairhaven.

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 for any weather cancellations and to stay involved."