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First Sundays in the Parks with Godelieve Babey

By Khürt Williams (Open Post) (/users/khrt-williams)

🕒 April 30, 2013 at 4:52pm | +



For Immediate Release – Press Release

Contact: Mary Penney at 609.688.0282

Or Khurt Williams at khurtwilliams@gmail.com

First Sundays in the Parks: “Functionally Fit in 3D” Walk on Sunday, May 5
Enjoy a morning outdoors walking, stretching, and breathing fresh air with Montgomery Friends of Open Space and a certified Fitness, Personal and Functional Movement Trainer. This walk is part of a series of First Sundays in the Parks, sponsored free of charge by Montgomery Friends of Open Space, designed to get people enjoying and exploring our preserved parks and open space. Meet at the main parking lot of Montgomery Park, Harlingen Road at the main picnic pavilion (next to playground) at 11:00am sharp. Wear comfortable clothes, sneakers, bring drinking water, and sunscreen. Fitness walk is about 1 – 1 ½ hours and will consist of a mile loop along with movement and stretching. No experience is necessary for this fitness walk led by Godelieve Babey, who possesses over 12 years in the exercise industry providing personal training and fitness services to those who prefer to exercise in a non-gym environment. Godelieve is well versed in training clients to get them moving especially to survive the physical and sedentary demands of one's daily routine.

Registration is helpful for planning purposes at mfosnj@gmail.com.

Thunderstorms will cancel the walk. For other events or more information, please visit: www.montgomeryfriends.org