



FULL BODY
Strength Training
on The Beach
foot of Cedar Walk

\$20

Saturday, August 12 | Sunday, August 13
NOON

with
Sandbags,
Resistance Bands
Partner Bodyweight Exercises

For total beginner thru advanced lifter.
Come alone or bring friend/s.
Bring towel, water/Gatorade, shoes.

RSVP/ questions, contact the
instructor: brandenhayward.com
[branden@ brandenhayward.com](mailto:branden@brandenhayward.com)

Please do not remove before August 14