

# Beach Workouts



Workouts: Circuit and HIIT training, running, swimming, etc.

- Group or 1:1 sessions available

My name is Gabe Poad and I am a lifeguard here at North Shores. I have a B.S. in Exercise Science from UD and am a NASM Certified Personal Trainer. My workouts are open to those looking to improve their fitness and have some fun at the same time (no equipment needed).

You can sign up through the QR code below if you have a gmail email, otherwise email or text me.

**SIGN UP NOW!**

[poadroadfit@gmail.com](mailto:poadroadfit@gmail.com)

302-276-5660

Monday-Friday

7:25-8:10, 8:15-9:00

