

# Beach Workouts



**Group beach workouts available: body weight circuits, running, swimming, etc.**

My name is Gabe Poad and I am a lifeguard here at North Shores. I graduated from UD this year with a degree in Exercise Science and am a 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).

**SIGN UP NOW!**

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

302-276-5660

**FIRST SESSION FREE!**

Tue, Thur, Sun  
8 AM  
8/5 through 9/4