

Your Park Slope Guide to Outdoor Fitness

By Molly Kelleher-Cuff

The promise of summer days (finally!) is here and I couldn't be more excited! If you are like me, you will spend the next three months trying to absorb as much Vitamin D as possible, while wearing spf 100. I've been know to wait an extra hour for a table outside as to avoid the air-conditioner icebox of nearly every Brooklyn restaurant (Seriously! Why so cold?). While I cannot help you get that coveted outdoor brunch reservation, I can help you find exciting ways to spend more time outside getting your fitness on before you queue up for eggs benny!

There is nothing better than the sweet smell of fresh-cut grass, the warm sun coating your skin, and the breeze helping to dry your sweat as you do your fiftieth squat of the morning, or your tenth Chaturanga dandasana as dusk settles. With so much going on in the park everyday it is sometimes hard to keep up with the events and activities, so I've done it for you!

YOGA

Bend+Bloom, lululemon athletica Brooklyn, and The Park Slope Alliance have combined forces to offer classes in the park on Thursday nights. Each evening will feature a different teacher who will lead students of all levels thru a beautiful sequence as the sunset paints the sky.

WHEN: Thursdays, 7-8pm, June 1-August 31

WHERE: Prospect Park, Long Meadow

PRICE: Free

INFO: Bring your own mat, water bottle, and a friend! Participants need to RSVP and acknowledge waiver at bendandbloom.com/rsvp

MORE: bendandbloom.com/park-yoga

Wanderlust is happening in Brooklyn this September! Adidas and Wanderlust are teaming up to bring us a yoga triathlon that mixes a 5k, 90 minute sweaty outdoor yoga, and 30 minutes of meditation. There will be extra events and classes from local studios. There will also be a market where you can pick up the newest fitness and mindfulness products. Bring your yoga mat, sneakers, and sense of play!

WHEN: September 10, 2017

WHERE: Prospect Park, The Nethermead

PRICE: \$20-\$49.08

INFO: wanderlust.com/108-events/brooklyn

RUNNING



Jack Rabbit hosts a Thursday night run club! Whether you've never laced up your sneaks or just placed in your third marathon of the year this club is for you! Everyone is welcome to take a two to four mile jaunt around Brooklyn and Prospect Park! Nothing will get in the way of your stride because Jack Rabbit has a place to store your personal items!



WHEN: Thursdays 7pm
WHERE: Jack Rabbit, 151 7Av
PRICE: Free
INFO: Personal items can be left in the store, All paces Welcome!
MORE: (917) 780-4446

Prospect Park Track Club hosts group runs three times a week! This is a great way to meet with other runners and get involved in the ever growing community! This group is wonderfully busy organizing fun runs, races, and training events.

WHEN: Saturdays 8am, Sundays 9am, Wednesdays 7:15pm
WHERE: Park side of Grand Army Plaza, near where Union Street ends
PRICE: \$25 for the yearly membership
INFO: pptc.org
MORE: (347) 927-7825 or contact@pptc.org

BIKING

Prospect Park is a bike rider's dream! Beautiful scenery, no cars, and the wind in your helmet makes for a perfect ride. The best time for a quiet ride will be early in the morning before the hustle and bustle of the park begins.

CITI BIKE is a wonderful option if you don't own a bike or aren't near yours at the time the mood strikes. Citi bikes are available on seemingly every corner in Brooklyn.

PRICE: \$12/day unlimited 30 min ride, \$163/yr unlimited 45 minute rides
INFO: citibikenyc.com

The LeFrak Center at Lakeside rents out a variety of different bike types from Surreys to Choppers to Tandems, so you can really take advantage of that (hashtag)bike life! Six adults pedaling the same bike sounds like a whole new level of family bonding!

PRICE: Varies per bike type
INFO: lakesidebrooklyn.com

BOATING

Prospect Park provides us with sports fields, bike paths, grassy knolls, and a pristine lake! Boating rentals are available at the LeFrak Center at Lakeside. Types range from pedal boats to kayaks.

WHEN: March 26-September 4, 9am-Sunset and September 5-October 23, 11am-Sunset
PRICE: Varies
WHERE: 171 East Drive off Ocean Ave, Q at Parkside Av
INFO: lakesidebrooklyn.com/activities/boating

SWIMMING

June 29! June 29! June 29! you can almost here the rally cry, as our cities public pools are scheduled to re-open! The Douglas and DeGraw pool will again be filled with the giggles of children and adults alike. If you've never been to a city pool there are a few rules that you'll need to be aware of before you show up for your day of splashing. No colored t-shirts are allowed on deck, everyone must show up with their swim suits on, and each person must have an individual lock. No food, unbound periodicals, or electronics are allowed at the pools. NYC Pools also have free swim classes for all ages, check the site for more information about times and availability.

WHERE: Third Av and Nevins Street
WHEN: June 29- September, 11a-7pm with a break from 3p-4p for cleaning
PRICE: Free
INFO: nycgovparks.org

PILATES



Bumble+Flow, a private Yoga/Pilates/Barre/Functional Training company is hosting their fusion classes this summer in Prospect Park. These classes are infused with mat based Pilates, yoga, and old school calisthenics. Sweat, stretch, and squat to the sound of birds singing! Private or small group sessions also available.

WHEN: Wednesdays June 14-August 16, 10am, More classes adding soon!
WHERE: Prospect Park, 9th street entrance at the Lafayette Memorial
PRICE: \$20, must register for classes via email.
INFO: bumbleandflow.com
MORE: 646.883.FLOW(3569)/ molly@bumbleandflow.com

FITNESS



BODIESYNERGY specializes in outdoor group fitness workouts and personal training sessions all year round. Their workouts include bootcamps, kettlebell fitness, run clubs, private training sessions, and babiesynergy: a pregnancy and postnatal workout. They truly do have something for everyone!

WHEN: 6.30am, 9:15am, 10:15am, 7pm weekdays & 8am Saturdays

WHERE: All workouts start and finish at the 15th street entrance to Prospect Park (Bartel Pritchard Square)

PRICE: **SPECIAL FOR OUR READERS!** Try out your first class for FREE (offer good till: August 31, 2017) simply email joanna@bodiesynergy.com to reserve your spot and don't forget to mention Park Slope Reader!

MORE: bodiesynergy.com

FIT4MOM holds stroller fitness classes, post natal classes, and a run club in Prospect Park. This is a perfect way to workout with baby!

WHEN: Various Times beginning June 5th

WHERE: Prospect Park, 9th Street and Prospect Park West Entrance

PRICE: Varies by packages and programs

INFO: brooklyn.fit4mom.com

MORE: annacatherine@fit4mom.com / 917-306-8480

Baby Bootcamp is happening this summer and being hosted by the Prospect Park Alliance and YMCA! These various bootcamps are a free and fun way to feel fit and strong while taking care of baby at the same time!

WHEN: Various Dates

WHERE: Prospect Park, LeFrak center at Lakeside

PRICE: FREE

INFO: prospectpark.org

NYC Bootcamp runs their fully adaptable fitness programs in Prospect Park. Their group training focuses on weight loss, toning and flexibility and uses a variety of props to create new and exciting workouts each session. All levels are welcome and modifications will be made to support each person individual level.

WHEN: Saturdays 9am

WHERE: Prospect Park, 9th Street and PPW Entrance

PRICE: \$20-\$25 per session

INFO: alan@nycbootcamp.com or 917-740-6679

Fitness Equipment is placed at two locations in the Prospect Park. If your doorframe pull up bar isn't cutting it, head outside! Pushups, pull ups, dips, step ups, and even more bodyweight exercises can now be easily performed! So save that thousand dollars you were going to spend on an indoor gym. Go show off those biceps as the saying goes "suns out guns out"!

WHEN: All Year

WHERE: Harmony Playground, 11 ST & PPW or P.P. South West, 1 6TH ST. Park Circle/West Lake Drive

PRICE: FREE

INFO: nycgovparks.org/befitnyc/strength search term "strength training equipment"

HORSEBACK

Kensington Stables provides us with a whole new way to see the park! Go back in time while you ride horseback around a three and a half mile trail. Your guide will introduce you to the history of the park while you bond with your new best friend. They also host week long camps for children ages 6-11 all summer long!

WHEN: 10am-Sunset, everyday

WHERE: 51 Caton Place (corner of E. 8th Street)

PRICE: \$42 per person for an hour ride

INFO: kensingtonstables.com

MORE: 718-972-4588

ROLLERSKATE

I didn't think rollerskating could get more fun but then Lola Star's Dreamland Disco opened in the LeFrak center at Lakeside and brought their own brand of vintage awesomeness, added prizes, killer DJs, made it 21+, and encouraged costumes! Gone are the days of oddly stained confetti carpets and the overpowering smells of butter drenched popcorn. Your Friday nights just got an upgrade! Sorry, Netflix.

WHEN: Friday Nights April 14- October 13, 7:30pm-10:30pm

WHERE: LeFrak Center at Lakeside

PRICE: \$30, advanced registration required

INFO: dreamlandrollerrink.com

SPORTS

Tennis is a wonderful way to keep active and outside in the warm weather. Prospect Park is equipped with hard and clay courts for all ages and skill levels. Lessons, leagues, summer camp programs, as well as special events happen all year long. This summer is finally the time to dust off that old racket and *serve up some tennis love!*

WHEN: All Year opening 7am-11pm

WHERE: Prospect Park, 50 Parkside Avenue

PRICE: Varies by program and ages

INFO: prospectpark.org search the term "Tennis"

Baseball, Softball, Football, Soccer and Volleyball all have a home in Prospect Park. Be aware, playing an organized sport with more than twenty people requires a permit. However, if you are looking for something more informal just call up a bunch of your buddies and look for a free field!

WHEN: All Year

WHERE: Various fields throughout the park

PRICE: Various per program or permit

INFO: for youth programs, sfxyouthsports.com or prospectpark.org search term "Sports"

INSIDE, BUT WORTH MENTIONING:

Align Brooklyn is throwing a donation based yoga party every second Saturday of the summer! They are offering vigorous vinyasa flow by donation class accompanied by a live local DJ from NYC's nightlife scene. That's right! That downward dog never looked so happy!

June 10th - DJ-ed by Daniel Orestes

Proceeds go to:Planned Parenthood - <https://www.plannedparenthood.org/>

July 8th - DJ-ed by Kevin O'Brien

Proceeds go to: Make The Road - <http://www.maketheroadny.org/>

August 12th - DJ-ed by Jose Meia

Proceeds go to:

Sane Energy Project - <https://saneenergyproject.org/>

I have to end this article now because all this talk of being outside has left me with some major fear of missing out. One last note, I can't help but notice how amazing it is to be a Brooklynite for regardless of age, income, experience or limitations there truly is a fitness program for all of us, just outside our doorsteps! I hope to see many of you playing in the park this summer, I'll certainly be there!