

## ABOUT



### PRISNA ANDERSON

Prisna Anderson is a well known Certified Personal Trainer, Zumba Instructor, and Corporate Health and Wellness Instructor

- TV Credits:** NBC4 Evening News with Doreen Gentzler for Deskercise
- 2014 Kaiser at NBC4 Health and Fitness Expo
- 2015 Yard Work Kaiser at NBC4 Health and Fitness Expo
- WBFF Fox 45 Baltimore Morning News with Tom Rodgers in 2014 and Larry Collins 2015

- Health Fairs:** NBC4 Health and Fitness Expo, B'More Healthy Baltimore Expo, Nike Women's DC Half Marathon 2014
- Redskins Tailgate 2013
- Redskins Back to Football 5k Run 2013
- Today Show Health Fair with Lester Holt, Erica Hill & Jenna Wolfe 2014, DC United Family Fun and Fitness Day 2014

# Fitness Program Returns to Pike Central Farm Market!



#### ABOUT OUR WALKING CLASSES

Each Saturday at 9:00 am we will hold an Interval Toning and Cardio class at Pike Central Farm Market. The class is designed to challenge your body in as many ways as possible as we walk a specified route.

We will have the basic warm up, which will be walking, light jog, some jumping jacks or other in place cardio. Then we set out on our route. The toning will be bodyweight exercises, so no equipment necessary. If folks would like to bring a fitness band, that would be fine. No free weights, as they will be cumbersome.

We will end with cool down and stretch. Don't worry about your level of fitness, Prisna will make modifications for those who need it.

**Starts  
April 25th**

**9:00 am - \$10 per class**

#### What You Get:

Great Exercise!

Meet New Friends!

Gift Certificate to  
Pike Central Farm  
Market after each  
class!

**WE LOVE GOOD  
EATING AND  
HEALTHY  
LIVING**

Sign Up Today at  
[Prisnaanderson@gmail.com](mailto:Prisnaanderson@gmail.com)



CENTRAL FARM MARKETS