



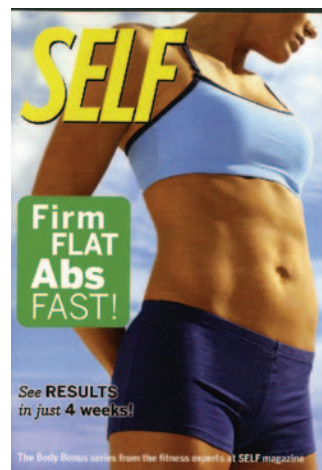
# Violet Zaki

# May 2005

## Event / SELF Magazine's workout in the park

### The SELF Challenge Stage

"Based on SELF's new fitness video, Firm Flat Abs - FAST! is a combination of yoga, pilates and standing abs exercises to create a lean, strong, sexy midsection. Led by Violet Zaki."



**SELF MAGAZINE'S workout in the park**

Presented by **agenda**

SELF's 12<sup>th</sup> annual health and fitness festival is coming to a city near you!

**April 30**  
ATLANTA, GA  
Piedmont Park, The Meadow

**May 7**  
NEW YORK, NY  
Central Park, Rumsey Playfield

**May 14**  
CHICAGO, IL  
Lincoln Park, South of Lincoln Park Zoo

**May 21**  
SAN DIEGO, CA  
Balboa Park, West Side at 6<sup>th</sup> & Laurel

**11 A.M. - 3 P.M.**  
Rain or Shine

For tickets and more information, visit [Self.com](http://Self.com) and click on *Express YourSELF*

**The SELF Challenge Stage**

**11:30 Firm Flat Abs-FAST!**  
(In New York Only)  
Based on SELF's new fitness video, Firm Flat Abs-FAST! is a combination of yoga, pilates and standing abs exercises to create a lean, strong, sexy midsection. Led by: Violet Zaki.

**12:00-12:20 SELF Challenge Workouts**  
Challenge yourself with fitness moves designed to make you leaner, stronger and sexier. Three sessions.

**1:00-1:20**  
**2:00-2:20**

**Walking Tour**

**11:30 WalkStyles, Inc. Walking Tour**  
(In San Diego Only)

**12:30**  
**1:30** Get your heart rate pumping, learn about the benefits of walking, and enjoy beautiful scenery on a walking tour of Balboa Park.

**SELF MAGAZINE'S workout in the park**

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Workouts provided by

Proceeds benefit'

[www.join-the-circle.org](http://www.join-the-circle.org)

[www.fertilehope.org](http://www.fertilehope.org)

[www.komen.org](http://www.komen.org)

\*Minus toll-free processing