

THE MANHATTAN DIARIES SERIES

CENTRAL PARK'S FITNESS HACKS

HOW NYC'S BEST SHAPE UP



CANDICE MALONE

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“In Central Park, every jog can be a jaunt down the runway and every stretch a pose for the paparazzi. ‘Central Park’s Fitness Hacks’ isn’t just about getting fit—it’s about being fabulous while you do it. Sweat with style, darling, and let the park be your stage.”



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