

# Getting in shape as sun shines

**Ed Bilthouse** (from left), **Ruthie Gryboski** and trainer **Freddy Ulises** participate in a three-a-week circuit training boot camp session at Winn Park, in the Ansley Park area of Midtown on Wednesday, taking advantage of the warm sunshine. Ulises, who was once an aerobic champion in Peru, usually trains up to four people in his classes. He usually puts his students through their paces in about an hour.

