



Town Supervisor **JOSEPH SALADINO** presents

Spring 2019 18 & Over Co-Ed Fitness Classes at the Hicksville Athletic Center



Ballroom Dancing

- Saturdays 7 PM - 8 PM (begins April 6th)

Cardio Kick-Boxing

- Thursdays 8 PM - 9 PM (begins April 11th)

Pilates

- **Tone & Sculpt: Mondays 8 PM - 9 PM** (begins April 1st)
- **Pilates with Rings: Wednesdays 8 AM - 9 AM** (begins April 10th)
- **Yoga-lates: Saturdays 9 AM - 10 AM** (begins April 13th)

Saturday Pilates classes Located at The Town of Oyster Bay Ice Skating Center, Bethpage

Yoga

- Mondays 10 AM - 11 AM (begins April 1th)
- Tuesdays 8 PM - 9 PM (begins April 9th)
- Saturdays 9 AM - 10 AM (begins April 13th)
- Sundays 9 AM - 10 AM (begins April 7th)

Zumba

- Mondays 7 PM - 8 PM (begins April 8th)
- Wednesdays 7:45 PM - 8:45 PM (begins April 10th)

Registration

Sign up for 1 full 10-week TOB fitness program and try 2 classes from a different TOB fitness program for FREE!

Registration will take place at the Hicksville Athletic Center, 167 Broadway, Hicksville.

**Sunday, March 10, 2019
8:00 AM - 3:00 PM**

**Monday, March 11, 2019
6:00 PM - 9:00 PM**

**Thursday, March 14, 2019
6:00 PM - 9:00 PM**

After these dates, registration will continue in the HAC office, based on availability. There will be no proration for missed classes.

Important Information

- Each session is 10 weeks long.
- \$60 for TOB Residents and \$70 for Non-Residents.
- Checks or Money Orders Only (made payable to "Town of Oyster Bay")
- Proof of residency/age; valid ID required. TOB Residents given first preference.
- Mats will not be provided. You must bring your own Mat to Yoga, Pilates & Cardio Kick-Boxing
- Schedule subject to change. Please inquire within regarding special holiday scheduling.
- If a session is cancelled due to inclement weather, make-up day(s) will be attempted.
- For more information, call (516) 797-4125 x4 or email tobparks@oysterbay-ny.gov
- Each class must meet a minimum enrollment requirement. In the event the class size is not at the minimum, the class may be cancelled and your check or money order will be returned.



Supervisor Joseph
SALADINO
www.OysterBayTown.com



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