



Supervisor **JOSEPH SALADINO**
and the Oyster Bay Town Board present

Fall 2022 18 & Over Co-Ed Fitness Classes at the Hicksville Athletic Center



Ballroom Dancing

- Saturdays 7 PM - 8 PM (begins October 1)

Cardio Kick-Boxing

- Thursdays 7:30 PM - 8:30 PM (begins October 6)

Pilates

- Tone & Sculpt: Mondays 8 PM - 9 PM (begins October 3)

NEW Tai Chi

- Saturdays 8 AM - 9 AM (begins October 1)

Yoga

- Saturdays 9 AM - 10 AM (begins October 1)
- Sundays 9 AM - 10 AM (begins October 2)
- Mondays 10 AM - 11 AM (begins October 3) **This class will be held at the Bethpage Ice Rink Community Room**
- Tuesdays 7:30 PM - 8:30 PM (begins October 4)

Zumba

- Mondays 6:45 PM - 7:45 PM (begins October 3)
- Wednesdays 7:30 PM - 8:30 PM (begins October 5)

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) 797-7945 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.

Registration

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

Monday, Septmeber 12
from 7:00 PM - 9:30 PM

Tuesday, Septmeber 13
from 5:30 PM - 9:30 PM

Wednesday, September 14
from 5:30 PM - 9:30 PM

After these dates, registration will continue ONLINE via the Parks Portal at oysterbaytown.com/parks based on availability. Please call (516) 733-8418 prior to going to the HAC to register. There will be no proration for missed classes.



Supervisor Joseph
SALADINO
www.OysterBayTown.com

Michele M. Johnson
Thomas P. Hand
Laura L. Maier
Town Clerk
Richard LaMarca

Town Supervisor
JOSEPH SALADINO
Town Board



Louis B. Imbroto
Steve Labriola
Vicki Walsh
Receiver of Taxes
Jeffrey P. Pravato



TOWN OF OYSTER BAY