



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

Fall 2023 ^{18 & Over} Co-Ed Fitness Classes at the Hicksville Athletic Center



Ballroom Dancing

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

Cardio Kick-Boxing

- **Thursdays 7:30 PM - 8:30 PM** (begins October 5)

Pilates

- **Tone & Sculpt: Mondays 8 PM - 9 PM** (begins October 2)

Yoga

- **Tuesdays 7 PM - 8 PM** (begins October 3)
- **Saturdays 9 AM - 10 AM** (begins October 7)

Zumba

- **Mondays 6:45 PM - 7:45 PM** (begins October 2)
- **Wednesdays 7:30 PM - 8:30 PM** (begins October 4)

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.
- 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

• ONLINE REGISTRATION

Begins September 11, 2023 at 5:00 PM for
RESIDENTS (September 18, 2023 at 9:00 AM for
NON-RESIDENTS)

www.oysterbaytown.com/portal

Must upload proof of residency (tax or utility bill) and
a valid identification card such as a driver's license.

• IN-PERSON REGISTRATION

September 13, 2023
5:00 PM - 9:00 PM
TOB Hicksville Athletic Center
167 S Broadway, Hicksville

- For more information, call **(516) 797-7945**



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

