



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

Spring 2025 18 & Over

Co-Ed Fitness Classes

at the Hicksville Athletic Center



Ballroom Dancing

- **Saturdays 7 PM - 8 PM** (begins April 12)

Cardio Kick-Boxing

- **Thursdays 8 PM - 9 PM** (begins April 10, 4/17 and 6/19 classes will be held at the Bethpage Ice Rink)

Pilates

- **Tone & Sculpt: Mondays 8 PM - 9 PM** (begins April 7)
- **Intermediates: Thursdays 7 PM - 8 PM** (begins April 10, 4/17 and 5/15 classes will be held at the Bethpage Ice Rink)

Yoga

- **Sundays 8:45 AM - 9:45 AM** (begins April 6)
- **Tuesdays 8 PM - 9 PM** (begins April 8, 6/3 and 6/17 classes will be held at the Bethpage Ice Rink)
- **Thursdays 7 AM - 8 AM** (begins April 10)
- **Saturdays 9 AM - 10 AM** (begins April 12)

Zumba

- **Mondays 6:45 PM - 7:45 PM** (begins April 7)
- **Wednesdays 7:30 PM - 8:30 PM** (begins April 9)

Important Information

- Each session is 10 weeks long.
- \$60 for TOB Residents and \$70 for Non-Residents.
- 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, and Cardio Kickboxing.**
- 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 FOR RESIDENTS

Begins Wednesday, March 12 at 5 PM

ONLINE REGISTRATION FOR NON-RESIDENTS

Begins Wednesday, March 19 at 9 AM

www.oysterbaytown.com/portal


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

The last day to request a refund will be on Monday, April 21, 2025. Refunds will be done at a 5% administrative fee and prorated for the number of days attended.

For more information, call (516) 797-7945 or email tobparks@oysterbay-ny.gov



Supervisor Joseph
SALADINO
www.OysterBayTown.com

Town Supervisor JOSEPH SALADINO Town Board		
Louis B. Imbroto Steve Labriola Vicki Walsh Town Clerk Richard LaMarca		Thomas P. Hand Laura L. Maier Andrew A. Monteleone Receiver of Taxes Jeffrey P. Pravato

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