Supervisor JOSEPH SALADINO and the Oyster Bay Town Board present

Winter 2027

18 & Over

Co-Ed Fitness Classes

at the Hicksville Athletic Center

167 S. Broadway, Hicksville

Ballroom Dancing
Saturdays: 7 PM - 8 PM
Begins January 9th

Pilates
Mondays: 8 PM - 9 PM
Begins January 4th

Zumba
Mondays: 6:45 PM - 7:45 PM
Begins January 4th

Wednesdays: 7:30 PM - 8:30 PM
Begins January 6th

Saturdays: 7:45 AM - 8:45 AM
Begins January 9th



Yoga
Sundays: 8:45 AM - 9:45 AM
Begins January 3rd

Tuesdays: 8 PM - 9 PM
Begins January 5th

Thursdays: 7 AM - 8 AM
Begins January 7th

Cardio Kickboxing
Thursdays: 8 PM - 9 PM
Begins January 7th

Program Information

- All programs are 10 weeks long.
- Mats will not be provided. You must bring your own mat to Yoga, Pilates, & 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 you will be refunded.

Registration

- Online Registration: www.oysterbaytown.com/sports
- Begins Wednesday, December 2 at 5:00 p.m. (for Town residents)
- Begins Wednesday, December 9 at 9:00 a.m. (for non-residents)
- $75 for TOB Residents; $100 for non-residents
- New participants must upload proof of residency (tax or utility bill) and a valid identification card such as a driver's license.
- Refunds will be available until Monday, January 11, 2027 at a 5% administrative fee and will be prorated for number of days attended.



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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