



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

Spring 2021

18 & Over

Co-Ed Fitness Classes

at the Hicksville Athletic Center



Ballroom Dancing

- Saturdays 7 PM - 8 PM (begins April 10)

Cardio Kick-Boxing

- Thursdays 7:30 PM - 8:30 PM (begins April 8)

Pilates

- Tone & Sculpt: Mondays 8 PM - 9 PM (begins April 5)
- Pilates with Props: Saturdays 9 AM - 10 AM (begins April 10)

Strength Training

- Sundays 9 AM - 10 AM (begins April 11)

This class will be held at the TOB Ice Skating Center Community Room, Bethpage

Yoga

- Mondays 10 AM - 11 AM (begins April 5)
- Tuesdays 8 PM - 9 PM (begins April 6)
- Saturdays 9 AM - 10 AM (begins April 10)
- Sundays 9 AM - 10 AM (begins April 11)

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

Zumba

- Mondays 7 PM - 8 PM (begins April 5)
- Wednesdays 7:30 PM - 8:30 PM (begins April 7)

Registration:

Registration will take place at the Hicksville Athletic Center, 167 Broadway, Hicksville on: **Monday, March 8, Tuesday, March 9, and Thursday, March 11 from 5:30 PM - 9:30 PM.**

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

Due to COVID-19...

- CLASS ENROLLMENT WILL BE LIMITED TO ALLOW FOR PROPER SOCIAL DISTANCING
- TEMPERATURES WILL BE CHECKED UPON ENTRY
- MASKS MUST BE WORN WHEN MOVING THROUGH THE FACILITY
- DAILY SANITIZING BEFORE/AFTER CLASSES



Supervisor Joseph
SALADINO
www.OysterBayTown.com

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.
- You must bring your own Hand Weights and Resistance Bands to Strength Training and 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 x1
- 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.