



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

Yoga

18 & Over

at the Hicksville Athletic Center



Spring Schedule 2022

Mondays 10:00 AM - 11:00 AM

Tuesdays 7:00 PM - 8:00 PM

Saturdays 9:00 AM - 10:00 AM

Sundays 9:00 AM - 10:00 AM

Classes Begin on April 10



Registration

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

Monday, March 14, 2022
from 5:30 PM - 9:30 PM

Tuesday, March 15, 2022
from 5:30 PM - 9:30 PM

Wednesday, March 16, 2022
from 5:30 PM - 9:30 PM

After these dates, registration will continue in the HAC office, based on availability - please call 516-733-8404.

There will be no proration for missed classes.

Important Information

Energy Yoga is a mind-body practice that combines the ancient wisdom of Qi energy with modern techniques to maximize the brain's functions. Each class includes stretching, core strengthening, breathing exercises, energy awareness, meditation and relaxation. Modifications of poses are provided in class, so all are welcome.

- 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.
- Bring your own Yoga Mat.
- Schedule subject to change.
- 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**



Supervisor Joseph
SALADINO
www.OysterBayTown.com

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



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



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