

ADULT EXERCISE

Winter 2018

A SERIES OF 9 GENTLE, BUT EFFECTIVE, CLASSES FOR ADULTS



Instructor: Tara Hayes

Tuesdays, Dec. 4, 11, 18 Jan. 8, 15, 22, 29 Feb. 5, 12

Wednesdays, Dec. 5, 12, 19 Jan. 2, 9, 16, 23, 30 Feb 6

Fridays, Dec. 7, 14, 21 Jan. 4, 11, 18, 25 Feb. 1, 8

All classes begin at 10:30 am.

Registration for all classes begins
Monday, Oct. 29; OD Nov. 13

- Hillside Library patrons may register directly (no wait list) for any two classes, OD only one class.
- ***Non-refundable** payment of \$31.50 per session (checks, MO only) due on first day of class - one check per session per person only. Please do not write a check for another person.*

Please note:

- *Your valid Hillside Library barcode, email address and phone number are required for either in-person or online registration.*
- Dates are subject to change – please check your confirmation for correct dates and library website and your email for current information re closings, delayed openings.
- As a courtesy to all attendees, please refrain from using perfumes, scented soaps or lotions, cigarette smoke, etc.
- Bring 2-3 lb. weights (whatever you are comfortable with), 3 elastic exercise bands, a 10" rigid ball and bottle of water to class.

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155 LAKEVILLE RD., NEW HYDE PARK, NY 11040
(516) 355-7850, x 304; hillsidelibrary.info/events