ADULT EXERCISE
With Tara

Fall 2019

Tuesdays, 10:30am
September 10, 17, 24, October 1, 8, 22, 29, November 5, 12

Wednesdays, 10:30am
September 11, 18, 25, October 2, 9, 23, 30, November 6, 13

Fridays, 10:30am
September 13, 20, 27, October 4, 11, 18, 25, November 1, 8

Online Registration: August 12
Out-of-District Online Registration: August 26

Non-refundable Fee - $31.50, (Check payable to “Hillside Public Library”)
Checks Collected Outside the Program Room On The First Day of Class

Bring 2-3 lb. weights (whatever you are comfortable with), 3 elastic exercise bands, a 10” rigid ball and bottle of water to class.
PLEASE REFRAIN FROM WEARING PERFUME/COLOGNE, ETC., OR SMOKING PRIOR TO CLASS.

Hillside Public Library
155 Lakeville Rd., New Hyde Park, NY 11040
(516) 355-7850, x301; hillsidelibrary.info/events