ADULT EXERCISE
With Tara
Summer 2019

Tuesdays, 10:30am
May 21, June 4, 11, 25, July 9, 23, 30, August 6, 13

Wednesdays, 10:30am
May 22, 29, June 12, 19, 26, July 10, 24, August 7, 14

Fridays, 10:30am
May 17, 31, June 7, 14, 28, July 12, 26, August 2, 9

Online Registration:    April 29
Out-of-District Online Registration:  May 13

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