



TOWN OF HAVERSTRAW

2023 FITNESS CLASS SCHEDULE

DAY	TIME	CLASS
MONDAY	6:00-7:00PM 7:00-7:45PM 7:45-8:30PM	TAE KWON DO CARDIO WORKOUT BY EXER FITNESS YOGA
TUESDAY	5:45-6:30PM 6:30-7:15PM 7:30-8:30PM	COUNTRY LINE DANCING ZUMBA® ZUMBA®
WEDNESDAY	7:30-8:30AM 5:45-6:30PM 6:30-7:15PM 7:30-8:30PM	TAI CHI CARDIO KICKBOXING SUMMER STRONG ZUMBA®
THURSDAY	NO CLASSES	NO CLASSES
FRIDAY	6:00-7:00PM	YOGA
SATURDAY	10:00-11:00AM	RESIDENT SENIOR AQUATIC AEROBICS
SUNDAY	10:00-11:00AM	RESIDENT SENIOR OPEN SWIM

*CLASSES ARE HELD AT BOWLINE POINT PARK, FREE & OPEN TO THE PUBLIC
FROM JUNE 2ND - SEPTEMBER 30TH
SENIOR AQUATIC CLASSES BEGIN JUNE 17TH*