



# TOWN OF HAVERSTRAW FITNESS CLASSES

DAY	TIME	FITNESS CLASS
MONDAY	5:30 – 6:15PM	ZUMBA® (JULY&AUGUST ONLY)–STAGE
	6:30 – 7:15PM	TAEKWONDO – STAGE
	7:15 – 8:00PM	ZUMBA® – STAGE
TUESDAY	5:30 – 6:15PM	CARDIO KICKBOXING – STAGE
	5:45 – 6:30PM	COUNTRY LINE DANCING – PAVILION
	6:15 – 7:00PM	ZUMBA® – STAGE
	7:00 – 7:45PM	STRONG ZUMBA®– STAGE
WEDNESDAY	8:00 – 9:00AM	TAI CHI – STAGE
	6:00 – 6:45PM	YOGA – PAVILION
	6:45 – 7:30PM	BALANCE – PAVILION
THURSDAY		NO CLASSES
FRIDAY		NO CLASSES
SATURDAY	10:00 – 11:00AM	RESIDENT SENIOR AQUATIC AEROBICS**
SUNDAY	10:00 – 11:00AM	RESIDENT SENIOR OPEN SWIM**

**FITNESS CLASSES BEGIN JUNE 3 THROUGH AUGUST 30**

**\*\*SENIOR AQUATIC CLASSES BEGIN JUNE 16 – SEPTEMBER 1**

**FITNESS CLASSES ARE FREE & OPEN TO THE PUBLIC**

**\*CLASSES AND LOCATION OF CLASSES ARE SUBJECT TO BE CHANGED/CANCELLED DUE TO WEATHER OR OTHER UNFORSEEN CIRCUMSTANCES**

**FOR SCHEDULING INFORMATION PLEASE JOIN “TOH SUMMER FITNESS CLASSES” ON FACEBOOK**