



SUPERVISOR BOSWORTH AND THE NORTH HEMPSTEAD TOWN BOARD PRESENTS:

LET'S GET FIT TOGETHER!

GROUP FITNESS & EXERCISE CLASSES

AT

"YES WE CAN"

COMMUNITY CENTER

141 GARDEN STREET
WESTBURY, NY 11590



"YES WE CAN" MEMBERSHIP REQUIRED. FIRST COME FIRST SERVE. REGISTRATION NOT REQUIRED. 22 PARTICIPANTS MAX. MASK REQUIRED.

KIDS ZUMBA

THURSDAYS

AGES 5-13 YEARS

BEGINS THURSDAY JUNE 3RD THROUGH AUGUST 19TH, 2021

4:30PM-5:30PM

TEEN ZUMBA

FRIDAYS

AGES 13-18 YEARS

BEGINS FRIDAY JUNE 4TH THROUGH AUGUST 13TH, 2021

6:30PM-7:30PM

ADULT ZUMBA

TUESDAYS/THURSDAYS

AGES 18 +

BEGINS TUESDAY JUNE 1ST THROUGH AUGUST 19TH, 2021

6:30PM-7:30PM

ADULT YOGA

MONDAYS/WEDNESDAYS

AGES 18 +

BEGINS MONDAY JUNE 7TH THROUGH AUGUST 18TH, 2021

6:30PM-7:30PM

ADULT TOTAL BODY CONDITIONING

SUNDAYS

AGES 18 +

BEGINS SUNDAY JUNE 20TH THROUGH AUGUST 22ND, 2021

9:00AM-10:00AM

ADULT KICKBOXING

SUNDAYS

AGES 18 +

BEGINS SUNDAY JUNE 20TH THROUGH AUGUST 22ND, 2021

11:00AM-12:00PM

FOR MORE INFORMATION CONTACT:
 (516) 876-4430 OR (516) 876-4431
WWW.NORTHHEMPSTEADNY.GOV/YESWECANCENTER