

SIMPLY FIT **(FOR MATURE ADULTS)**

with MARILYN BUNGER

This class is especially suited for the older adult and combines the basics of *Simply Stronger* (building muscular strength and endurance) and *Simply Stretch* (stretching muscles to improve mobility, posture and balance).

Bring light hand weights to the class.

9 classes:

Wednesdays: March 4, 11, 18, 25,
April 1, 22, 29,
May 6, 13, 2020
(Rain dates: May 20 & 27)

1:30 to 2:30 PM

\$54 check payable to Syosset Public Library

Registration begins Wednesday, February 19
for SSD residents; all others one week later
if space is available.

YOGA IS FOR YOU

with SHARON STARR

Iyengar yoga is a unique and enjoyable system of exercise. You will strengthen, tone, stretch, and reshape your body and release stress and tension while achieving a sense of total well-being. The class will focus on physical movement, breathing techniques and "The Art of Relaxation."

Bring a yoga sticky mat, strap and blanket,
and yoga blocks with you.

8 classes:

Tuesdays: March 3, 10, 17, 24, 31,
April 7, 21, 28, 2020
(Rain dates: May 12 & 19)

10:15 to 11:30 AM

\$48 check payable to Syosset Public Library

Registration begins Tuesday, February 18
for SSD residents; all others one week later
if space is available.

(OVER)

DANCERSIZE

with CAROL RODRIGUEZ

This fitness class combines aerobic exercise with dance movements.

Because this class is held on carpeting,
you must wear smooth-soled sneakers.

8 classes: — 9:15 to 10:15 AM

Mondays: March 9, 16, 23, 30,
April 6, 20, 27,
May 4, 2020
(Rain date May 11)

\$48 check payable to Syosset Public Library

Registration begins Monday, February 17 for SSD residents;
all others one week later if space is available.

YOGA FOR RELAXATION

with LAURIE AHLEMAN

Learn basic yoga postures and relaxation techniques that will enable you to develop a daily practice of your own.


Bring a yoga sticky mat with you.

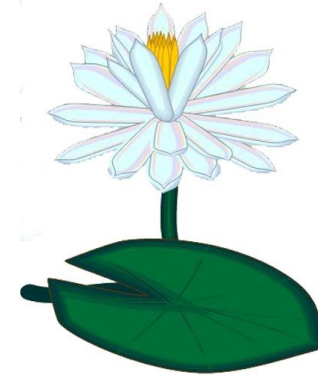
6 classes — 6:15 to 7:15 PM

Tuesdays: March 17, 31,
April 7, 21, 28,
May 5, 2020
(Rain dates: May 19 & 26)

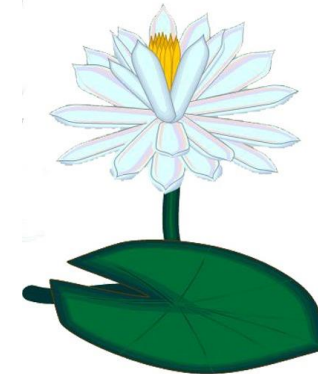
\$36 check payable to Syosset Public Library

Registration begins Tuesday, February 25 for SSD residents;
all others one week later if space is available.

 SYOSSET PUBLIC LIBRARY
225 South Oyster Bay Road
Syosset, NY 11791-5897
516.921.7161 • www.syossetlibrary.org



EXERCISE CLASSES at the SYOSSET PUBLIC LIBRARY



SPRING 2020

All programs are subject to cancellation due to parking lot construction.
Please go to www.syossetlibrary.org or call 921-7161 for updates.

**Wear comfortable clothes and bring water
to all exercise classes.**

No refunds after classes begin.

Photographs and videos taken during library programs
may be used for library publicity.