

## SUMMER HEALTH & FITNESS IN RYE BROOK

### General Fitness/Strength Training

MEMBERS FREE

**Mondays, Tuesdays (Tiffany) & Thursdays (Jodi) Time: 9:00 am**

Treat your body to an aerobic workout concentrating on building muscle mass and stronger bones. Includes chair exercises.

### Tai Chi

**Mondays at 1:00 p.m.** 7 Classes - \$21 or \$5 Drop in

Session 4 – 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12

**Wednesday at 1:30 p.m.** 7 Classes - \$21 or \$5 Drop in

Session 4 - 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14

**Please try to sign up per session and pay in full.** Join instructor Domingo Colon in the art of Tai Chi which involves slow, relaxed, graceful movements, each flowing into the next. The body is in constant motion, and posture is important. Tai Chi will also help improve your balance as well as have a calming effect on your mind. Please bring a balance stick and wear comfortable clothing.

### 1<sup>ST</sup> ANNUAL HEALTHY AGING EXPO

**Thursday, July 11<sup>th</sup> 9am to 2pm**

**See attached flyer! Space is limited so you MUST SIGN UP! CAR POOL IS SUGGESTED – PARKING LIMITED!**