

# Body, Mind and Spirit Workout 2010

*Instructor: Marianne Pizzo*

These classes will promote less stress on the body and more care to development of strength, flexibility and cardiovascular exercises as we age. Additional focus will also be given to modification of exercises and relaxation techniques to promote balance of body, mind and spirit.

**Cardiovascular**—low/non impact aerobic training

**Strength & muscle conditioning while increasing bone density**—light weights, mat Pilates, yoga, exercise bands, exercise balls.

**Stretching**— add specific stretches to improve quality of movement and quality of life.

**Back Safety program**—includes instruction on proper ergonomic techniques as well as specific exercises to improve muscles and posture.

**Relaxation techniques**— improve health by learning various techniques to reduce stress



<b>FEE:</b>	<b>RESIDENT</b>	<b>\$35</b>	<b>RESIDENT SENIOR</b>	<b>\$31.50</b>
	<b>NON-RES.</b>	<b>\$50</b>	<b>NON-RES. SENIOR</b>	<b>\$45.00</b>

Classes are included free with Yearly Adult Plan.

Classes can also be purchased in a series of 10 at the appropriate above rate. Series is valid for 3 months from date of purchase.  
ALL ABOVE FEES ARE FOR 10 CLASSES

**Participants must have a valid Activity Card**

**TUESDAYS and THURSDAYS:**  
6:30Pm-7:30pm                      5:15pm-6:15pm

Jan. 5, 7, 12, 14, 19, 21, 26, 28

Feb. 2, 4, 9, 11,\*, 23, 25 (\*No classes Feb. 15-19)

Mar. 2, 4, 9, 11, 16, 18, 23, 25, \* (No class Mar. 30)

Apr. \*, 6, 8, 13, 15, 20, 22, 27, 29 (\*No class April 1)

May 4, 6, 11, 13, 18, 20, 25, 27

**SATURDAYS:** 9:15am-10:15am

Jan. \*, 9, 16, 23, 30 (\*No class Jan 2)

Feb. 6, \*, \*, 27 (No class 13 & 20)

Mar. 6, 13, 20, 27

Apr. 10, 17, 24

May 1, 8, 15, 22 (\*No class May 29)

Dates are subject to change



**It is advisable that all participants, particularly those over 35 years of age have Physician's approval**



Inc. Village of Freeport  
Recreation Department  
130 East Merrick Road  
Freeport, NY 11520  
(516) 377-2314 FAX (516) 377-2318  
www.freeportny.gov

