

TOWN OF BROOKHAVEN
DEPARTMENT OF PARKS, RECREATION & SPORTS, AND CULTURAL RESOURCES

LET'S GET FIT

Each class will feature high intensity interval training (HIIT) with functional body weight movements to promote strength and endurance. A fun approach to encourage exercise for women and men at any level of fitness. Bring a mat/towel and hydration.

NEW VILLAGE RECREATION CENTER

20 Wireless Road, Centereach, NY 11720

Mondays | 6:00PM - 6:45PM

January 27, February 3, 10, 24, March 2, 9, 16, 23

Pre-register by
Thursday, January 23, 2020

\$50.00
per 8-week session

Call 631-732-2338
for more information or to register

*Acceptable payments include check, money order & credit card.

*No cash payments accepted.

*All cancellations, except by the Town, are subject to a 15% administrative handling fee.



Visit us on the web:
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