

Exercise Class Sessions

Mondays 7:00-8:20 p.m.

Fall 2010	Winter/Spring 2011	
September 27	January 3	April 4
October 4	January 10	April 11
October 18	January 24	May 2
October 25	January 31	May 9
November 1	February 7	May 16
November 8	February 14	May 23
November 15	February 28	June 6
November 22	March 7	June 13
November 29	March 14	
December 6	March 21	
December 13	March 28	
December 20		

Rita Hamburg, physical therapist, leads a co-ed exercise class to music, for ages 10-80+, in the Hebrew Tabernacle Social Hall. The emphasis is on gentle stretching and strengthening of all the muscles in the body. Bring a towel or thin mat to lie on; wear comfortable, loose clothing, and bring 2 small hand weights (or one-pound cans of veggies) for gentle weight-training.

The cost is only \$15 per class. Checks, made out to Hebrew Tabernacle, will be accepted and ALL proceeds will be donated to the Tabernacle. If you are interested, or have any further questions, please contact the office or email Rita: hamburg@nyp.org

Hebrew Tabernacle Congregation

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