PILATES
Thursdays, April 29, May 6, 13, 20, 27, June 3 at 7PM
Online Registration: April 22 at 7PM
Fee: $25.00 per person
Learn Pilates with Stacey Palmese-Guglielmo. Please bring a yoga mat and water.

If you’re registering at home for any exercise class, you MUST pay using PayPal. If paying by check or credit/debit card you MUST come into the library to register. You must use a valid library card to register. No refunds.

Preference given to UFSD #22 residents for all programs.
How to Register and Pay Online for Our Exercise Classes

How to register online for our exercise classes:

• Go to our website at www.farmingdalelibrary.org.

• Go to the Programs and Calendar section and click on Calendar of Events. Go to the last day of the class you wish to sign up for.

• Click on the Register button.

• Enter your library card barcode number.

• Your name and the barcode entered must match your patron record in our system.

• You must have a valid, unexpired library card or you will not be able to proceed with the registration.

• Enter your email address, if not already listed, then click on Submit.

• If you are registering at home, you MUST pay using PayPal. You do not need a PayPal account to do so, you may sign in as a guest.

• If you choose not to use PayPal, you CANNOT register at home. You MUST come into the library to register and pay by check or credit/debit card.

PayPal confirms payment, all those not confirmed will not be considered registered. No refunds.

• Proof of residency with valid ID, such as a driver’s license, car insurance card, or utility bill, In Farmingdale school district #22 will be required at time of payment.

• Must be 18 years or older to register for classes.

• Preference given to UFSD #22 residents.

PIYO
Mondays, March 9, 16, 23, 30, April 6, 13 at 7PM
Online Registration: March 2 at 7PM
Fee: $25 per person
Using your body weight, you’ll perform fluid, low-impact, high-intensity movements inspired by pilates and yoga with instructor Jennifer Lengyel. Please bring a yoga mat and water.

CHAIR YOGA
Saturdays, April 4, 11, 18, 25, May 2, 9 at 10AM
Online Registration: March 28 at 10AM
Fee: $25 per person
Join Kripalu Yoga instructor Helen Lein for this yoga class done using a chair for support and stability.

TAI CHI
Tuesdays, April 7, 14, 21, 28, May 5, 12 at 11AM
Online Registration: March 31 at 11AM
Fee: $20.00 per person
Learn Tai Chi/Qi Gong with Suzanne Ernst.

ZUMBA TONING
Thursdays, April 16, 23, 30, May 7, 14, 21 at 7PM
Online Registration: April 7 at 7PM
Fee: $25.00 per person
Join Cathy Pinner as she teaches you how to blend body sculpting techniques and zumba moves into one workout. Please bring light weights.