TOTAL BODY WORKOUT

Wednesdays, June 17, 24, July 1, 8, 15, 22 at 7PM

Online Registration: June 10 7PM

Fee: $25 per person

Try the total body workout with Karen Echeverria-Pinna. Please bring 2 sets of hand weights, yoga mat, a towel, and water.

Preference given to UFSD #22 residents.

You must use a valid library card to register.

COUNTRY HEAT

Mondays, July 6, 13, 27, August 3, 10, 17 at 7PM

Online Registration: June 29 at 7PM

Fee: $25 per person

Join instructor Jennifer Lengyel for this low impact, easy to follow cardio dance workout set to country music. Please bring water and wear sneakers.

Preference given to UFSD #22 residents.

You must use a valid library card to register.
How to register online for our exercise classes:

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

• Go to 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. You must use a valid library card to register.

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TAI CHI

Tuesdays, May 26, June 2, 9, 16, 23, 30 at 11AM

Online Registration: May 19 at 11AM

Fee: $20 per person

Learn Tai Chi/Qi Gong with Suzanne Ernst.

Preference given to UFSD #22 residents.

You must use a valid library card to register.

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ZUMBA TONING

Thursdays, June 4, 11, 18, 25, July 2, 9 at 7PM

Online Registration: May 28 at 7PM

Fee: $25 per person

Join Cathy Pinner as she teach you how to blend body sculpting techniques and zumba moves into one workout. Please bring light weights.

Preference given to UFSD #22 residents.

You must use a valid library card to register.