

Exercise Class Sessions

Monday 7:00-8:30 p.m.

Fall 2019

October 28 (1st exercise class)

November 4

November 11 (Veteran's Day)

November 18

November 25

December 16

December 23

December 30

Winter/Spring 2020

January 6

January 13

January 20 (MLK Day)

January 27

February 3

February 10

February 17 (PRES. Day)

February 24

March 16

March 23

March 30

April 6

April 13

April 20

April 27

May 4

May 11

May 18

May 25 (MEM. Day)

June 1

June 8

June 15

June 22

June 29

July 6

July 13

July 20

FIRST CLASS FREE FOR NEW ATTENDEES!!!

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 mat to lie on and wear comfortable, loose clothing. **The cost is only \$15 per class.** Checks, made out to Hebrew Tabernacle, will be accepted. 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

551 Fort Washington Ave. at 185th St.

Office: **212-568-8304**

email: HToffice@nyc.rr.com www.hebrewtabernacle.org

