

Rita's Weekly Group Exercise Classes @

The Hebrew Tabernacle on FWA (near West 185th St):

Rita Hamburgh, an experienced PHYSICAL THERAPIST, leads a *FUN*,

90-minute co-ed adult exercise class to music, on

MONDAY EVENINGS, from 7:00-8:30 pm and

FRIDAY MORNING CLASSES FROM 10:00-11:30 am!

THE FIRST CLASS for new attendees IS FREE!

Location: The Hebrew Tabernacle's Social Hall [551 Ft Washington Ave (FWA), corner West 185th Street; use FWA entrance].

Class description: This gentle stretching and strengthening class is a “total body tune-up”—all joints and major muscle groups are moved through their entire range of motion and resistance is provided by one's own body weight. *Strengthening of one's core, entire spine, shoulders and weight-bearing joints is a major focus.*

Criteria for participation in class: Each participant must be able to get down/up from the floor without physical assistance and, if needed, must get medical clearance from his/her physician.

Please email Rita (rita.hamburgh@gmail.com) if you plan to attend a class and if you have any questions or any medical conditions that you wish to discuss in advance.

Cost: \$15 per class. Fee may be paid before each class by check made out to The Hebrew Tabernacle, or via Zelle (bookkeeper@hebrewtabernacle.org), or cash. 100% of proceeds are donated to the Tabernacle and are used to cover the expenses of the free annual flu shot program and quarterly blood donor drives at the Tabernacle.

Please bring an exercise mat and water bottle to each class.

For first class: Please come 15 minutes early to sign in and complete “release from liability” form.

Covid precautions: there is social distancing between participants and masks are encouraged.