



MONDAY/FRIDAY SCHEDULE



Rita Hamburg

Retired physical therapist and Director of Rehabilitation Therapies at NYPH/Columbia U leads a FUN, 90+ minute co-ed adult exercise class

MONDAY EVENINGS, from 7:00–8:30 pm
FRIDAY MORNING CLASSES FROM 10:00–11:30 am

\$20 per class.

THE FIRST CLASS for new attendees IS FREE!

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.

Each participant must be able to get down and get up from the floor without physical assistance. Please email Rita (rita.hamburg@ gmail.com) if you plan to attend so that she may pre-screen you prior to the first class and answer any questions you may have..