

ZUMBA

with CAROL RODRIGUEZ

This fitness class combines Latin and international music with dance for a fun and physically strenuous exercise program.

Because this class is held on carpet, you must wear smooth-soled sneakers.

8 sessions:

Mondays: March 19, 26, April 2, 16, 23, 30, May 7, 14, 2012

9:15 AM to 10:15 AM

\$45 check payable to Syosset Public Library

Registration begins Monday, February 27 for SSD residents; all others one week later if space is available.

TAI CHI/QIGONG

with SUZANNE ERNST

Qigong includes gentle exercises performed while standing or sitting, that therapeutically use breath, posture, movement, touch, sound, and awareness to cultivate one's vital energy and maintain health. Some of Qigong's benefits are a more tranquil mind, increased energy, better digestion, and a happier disposition. Qigong means "breath work" or "energy work." Tai Chi is a form of Qigong and is known more for combining the internal art of energy movement with the external art of martial arts.

6 sessions:

Fridays: March 16, 23, 30, April 20, 27, May 11, 2012

10:30 AM to 11:30 AM

\$30 check payable to Syosset Public Library

Registration begins Friday, February 17 for SSD residents; all others one week later if space is available,

YOGA FOR RELAXATION

with LAURIE AHLEMAN

Allow the pressures of daily stress to melt away as you stretch your body and relax your mind. You will learn the basic yoga postures and relaxation techniques that will allow you to unwind. The techniques are easy to follow and will enable you to develop a daily practice of your own. For all abilities and levels. No experience necessary.

Bring a yoga mat with you.

8 sessions:

Tuesdays: March 13, 20, April 17, May 8, 15, 29, June 5, 12, 2012

6 to 7 PM

\$40 check payable to Syosset Public Library

Registration begins Tuesday, February 21 for SSD residents;

all others, one week later if space is available.

MEDITATION AND STRESS RELIEF

with LAURIE AHLEMAN

Learn basic stress and relaxation techniques, discuss why they are important and end each class with meditation for calming relief.

Bring a mat or use our chairs if you prefer.

8 sessions: Tuesdays: March 13, 20, April 17, May 8, 15, 29, June 5, 12, 2012

7:15 to 8:15 PM

\$40 check payable to Syosset Public Library

Registration begins Tue., February 21 for SSD residents; all others, one week later if space is available.

SIMPLY FIT (FOR OLDER ADULTS)

with ELLEN COVEN

This class combines the basics of *Simply Stronger* (building muscular strength and endurance) and *Simply Stretch* (stretching muscles to improve mobility, posture and balance).

9 sessions:

Wednesdays: March 14, 21, 28, April 4, 18,
25, May 2, 9, 23, 2012

2:30 to 3:30 PM

\$54 check payable to Syosset Public Library

Registration begins Wednesday, February 29
for SSD residents;
all others one week later if space is available.

YOGA IS FOR YOU

with SHARON STARR

Iyengar yoga is a unique and enjoyable system of exercise. You will strengthen, tone, stretch, and reshape your body and release stress and tension while achieving a sense of total well-being. The class will focus on physical movement, breathing techniques and "The Art of Relaxation."

Bring a yoga sticky mat, strap and blanket,
and yoga blocks.

9 sessions:

Tuesdays: March 13, April 17, 24, May 1, 8,
15, 22, 29, June 12, 2012

10:15 to 11:30 AM

\$57 check payable to Syosset Public Library

Registration begins Tuesday, February 21
for SSD residents;
all others one week later if space is available.



EXERCISE CLASSES
at the
SYOSSET PUBLIC LIBRARY



SPRING
2012

Wear comfortable clothes and bring water
to all exercise classes.

No refunds after classes begin.