Dancersize
with CAROL RODRIGUEZ

This fitness class combines aerobic exercise with dance movements.

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

9 classes:

Mondays: September 9, 16, 23, October 7, 14, 28,
November 4, 11, 18, 2019
(Rain date November 25)

9:15 to 10:15 AM

Fee: $54. Register in person or online.

Pay by check written out to Syosset Public Library or pay online by credit card.

Registration begins Monday, August 19 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.”

Please bring a yoga sticky mat, strap, blanket, and yoga blocks with you.

8 classes:

Tuesdays: September 10, 17, 24, October 22, 29, November 5, 12, 19, 2019
(Rain date December 3)

10:15 to 11:30 AM

Fee: $48. Register in person or online.

Pay by check written out to Syosset Public Library or pay online by credit card.

Registration begins Tuesday, August 20 for SSD residents; all others one week later if space is available.

Photographs and videos taken during library programs may be used for library publicity.
SIMPLY FIT  
(FOR MATURE ADULTS)  
with MARILYN BUNGER

This class is especially suited for the older adult and combines the basics of Simply Stronger (building muscular strength and endurance) and Simply Stretch (stretching muscles to improve mobility, posture and balance).

Please bring light hand weights to the class.

7 classes — 1:30 to 2:30 PM:
Wednesdays: September 18, 25, October 2, 23, 30, November 6, 13, 2019 (Rain date Nov. 20)

Fee: $42. Register in person or online.
Pay by check written out to Syosset Public Library or pay online by credit card.

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

YOGA FOR RELAXATION  
with LAURIE AHLEMAN

Learn basic yoga postures and relaxation techniques that will enable you to develop a daily practice of your own.

Please bring a yoga mat with you.

6 classes — 6:15 to 7:15 PM
Tuesdays: September 3, 17, 24, October 29, November 5, 19, 2019 (Rain date Nov. 26)

Fee: $36. Register in person or online.
Pay by check written out to Syosset Public Library or pay online by credit card.

Registration begins Monday, August 19 for SSD residents; all others one week later if space is available.