

TEEN CORNER @ Elmont Public Library Presents...

FITNESS SATURDAYS FOR TEENS

SERIES OF EXERCISE WORKSHOPS FOR GRADES 7-12 ONLY

Get in shape and tone your arms, legs, and bellies!

Join us for **Fitness Saturdays**: learn basic, simple exercises and get into an exercise routine in a comfortable, fun atmosphere.



ZUMBA

February 4, 11, 18 @ 10:00 a.m.

Zumba is the hottest craze in fitness!

Pulse-pounding rhythms are fused with Latin dance moves to create calories-burning, body-energizing workout.

Wear sneakers and bring water bottle.

YOGA

Saturdays, March 3, 10, 17, 24, @ 11:00 a.m.

Reduce stress and increase your energy with yoga!

Each week you will learn new yoga postures designed to strengthen and stretch your body, calm your mind and renew your spirit.

Bring a mat or a large towel, water bottle, and dress comfortably.



PILATES

Saturdays, April 14, 21, 28 @ 11:00 a.m.

Get flat abs, a strong back and great posture with Pilates!

Learn a series of controlled movements to improve your mental and physical well-being, increase flexibility, strengthen muscles, and tone your body.

Bring a mat or a large towel, water bottle, and dress comfortably.

For Registration and Questions Please Come to the YA Services Desk

Elmont Memorial Library 700 Hempstead Turnpike Elmont, NY 11003 Tel. 354--5280