



East Rockaway Recreation

17 John Street, East Rockaway, N.Y. 11518 (516) 341-0996

Mayor: Bruno F. Romano - Deputy Mayor: Gordon J. Fox Trustees: Rich Bilello - Tim O'Hagan - Jack Felbinger

FITNESS FOR EVERYONE Outdoor Family Fitness Program

Introduce your family to fitness through a fun and energetic Zumba Dance and then a cool down and stretch with Yoga Flow.

Designed for families 3 years and up



Tuesday 6:00-7:00 pm

June 8, 5, 22, and 29

family fee: \$60.00

This is not an East Rockaway Schools sponsored event

please bring your mats

