



MIND • BODY • SPIRIT • OSSINING

TOWN OF OSSINING & OPEN DOOR FAMILY MEDICAL CENTER

**FREE fitness and wellness classes in
Ossining's beautiful parks and open spaces.**

ZUMBA with SUE OF STUDIO95 ZUMBA			
SATURDAY, JUNE 22	4PM TO 5PM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
SATURDAY, JULY 13	4PM TO 5PM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
SATURDAY, JULY 27	4PM TO 5PM	MARKET SQUARE	OPEN TO ALL AGES
SATURDAY, AUGUST 10	4PM TO 5PM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
SATURDAY, AUGUST 24	4PM TO 5PM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
SATURDAY, SEPTEMBER 14	4PM TO 5PM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
SATURDAY, SEPTEMBER 28	4PM TO 5PM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
SHARQUI THE BELLY DANCE WORKOUT with SOLARAH			
SATURDAY, JUNE 15	11AM TO 12PM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
SUNDAY, JUNE 30	11AM TO 12PM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
SATURDAY, JULY 13	11AM TO 12PM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
SATURDAY, JULY 27	11AM TO 12PM	SPARTA PARK	OPEN TO ALL AGES
RECESS ROCKS with OPEN DOOR			
FRIDAY, JUNE 28	3:30PM TO 4:30PM	NELSON PARK /BASKETBALL COURT	AGES 3-11
FRIDAY, JULY 12	3:30PM TO 4:30PM	NELSON PARK /BASKETBALL COURT	AGES 3-11
FRIDAY, JULY 26	3:30PM TO 4:30PM	NELSON PARK /BASKETBALL COURT	AGES 3-11
BELLY DANCE with DELPHI DANCE ENSEMBLE			
SUNDAY, JULY 21	10AM TO 11AM	LOUIS ENGEL PARK STAGE	AGES 13 AND UP
TAI CHI EASY with BEN LEAVITT			
SUNDAY, JUNE 23	9AM TO 10 AM	CEDAR LANE PARK PAVILION	OPEN TO ALL AGES
SATURDAY, JULY 6	9AM TO 10 AM	CEDAR LANE PARK PAVILION	OPEN TO ALL AGES
SUNDAY, AUGUST 3	9AM TO 10 AM	CEDAR LANE PARK PAVILION	OPEN TO ALL AGES
TAE KWON DO with UMAC BRIARCLIFF'S MASTER KENYON WINFIELD			
SATURDAY, JULY 13	10AM TO 11AM	RYDER PARK	OPEN TO ALL AGES
SATURDAY, AUGUST 17	1PM TO 2PM	RYDER PARK	OPEN TO ALL AGES
YOGA with CLUB FIT'S LAURI NEMETZ			
SUNDAY, JUNE 30	8AM TO 9AM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
YOGA with ELISHA SIMPSON OF CROSSOVER YOGA PROJECT			
SATURDAY, JULY 20	9AM TO 10 AM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
SATURDAY, AUGUST 17	9AM TO 10 AM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES
WEDNESDAY, AUGUST 14	7PM TO 8PM	LOUIS ENGEL PARK STAGE	OPEN TO ALL AGES

Check back throughout the summer as more classes are added.

All classes are open to the public. No pre-registration necessary.

If you would like to pre-register*, please visit <https://rebrand.ly/MBS-Ossining>

*With pre-registration, you will receive weather updates and qualify for raffles and giveaways from participating businesses.

For more information, please contact the Town of Ossining Supervisor's Office at 914-762-6001 or vcafarelli@townofossining.com, or visit us at facebook.com/townofossining.



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Clases GRATUITAS de ejercicio y bienestar en los parques hermosos y espacios abiertos de Ossining.

ZUMBA con SUE de STUDIO95 ZUMBA			
SÁBADO, 22 DE JUNIO	4PM TO 5PM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
SÁBADO, 13 DE JULIO	4PM TO 5PM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
SÁBADO, 27 DE JULIO	4PM TO 5PM	MARKET SQUARE	PARA TODAS LAS EDADES
SÁBADO, 10 DE AGOSTO	4PM TO 5PM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
SÁBADO, 24 DE AGOSTO	4PM TO 5PM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
SÁBADO, 14 DE SEPTIEMBRE	4PM TO 5PM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
SÁBADO, 28 DE SEPTIEMBRE	4PM TO 5PM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
SHARQUI THE BELLY DANCE WORKOUT con SOLARAH			
SÁBADO, 15 DE JUNIO	11AM TO 12PM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
DOMINGO, 30 DE JUNIO	11AM TO 12PM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
SÁBADO, 13 DE JULIO	11AM TO 12PM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
SÁBADO, 27 DE JULIO	11AM TO 12PM	SPARTA PARK	PARA TODAS LAS EDADES
RECESS ROCKS con OPEN DOOR			
VIERNES, 28 DE JUNIO	3:30PM TO 4:30PM	NELSON PARK /BASKETBALL COURT	AGES 3-11
VIERNES, 12 DE JULIO	3:30PM TO 4:30PM	NELSON PARK /BASKETBALL COURT	AGES 3-11
VIERNES, 26 DE JULIO	3:30PM TO 4:30PM	NELSON PARK /BASKETBALL COURT	AGES 3-11
BELLY DANCE con DELPHI DANCE ENSEMBLE			
DOMINGO, 21 DE JULIO	10AM TO 11AM	LOUIS ENGEL PARK STAGE	AGES 13 AND UP
TAI CHI EASY con BEN LEAVITT			
DOMINGO, 23 DE JUNIO	9AM TO 10 AM	CEDAR LANE PARK PAVILION	PARA TODAS LAS EDADES
SÁBADO, 6 DE JULIO	9AM TO 10 AM	CEDAR LANE PARK PAVILION	PARA TODAS LAS EDADES
DOMINGO, 3 DE AGOSTO	9AM TO 10 AM	CEDAR LANE PARK PAVILION	PARA TODAS LAS EDADES
TAE KWON DO con UMAC BRIARCLIFF'S MASTER KENYON WINFIELD			
SÁBADO, 13 DE JULIO	10AM TO 11AM	RYDER PARK	PARA TODAS LAS EDADES
SÁBADO, 17 DE AGOSTO	1PM TO 2PM	RYDER PARK	PARA TODAS LAS EDADES
YOGA con CLUB FIT'S LAURI NEMETZ			
DOMINGO, 30 DE JUNIO	8AM TO 9AM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
YOGA con ELISHA SIMPSON de CROSSOVER YOGA PROJECT			
SÁBADO, 20 DE JULIO	9AM TO 10 AM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
SÁBADO, 17 DE AGOSTO	9AM TO 10 AM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES
MIÉRCOLES, 14 DE AGOSTO	7PM TO 8PM	LOUIS ENGEL PARK STAGE	PARA TODAS LAS EDADES

Vuelva durante todo el verano, que se agregaran más clases.

Todas las clases están abiertas al público. Registración no es necesario.

Pero si desea registrarse, visite <http://rebrand.ly/MBS-Ossining>

*Con la registración, recibirá noticias del clima y podrá participar en sorteos y recibir premios de negocios participantes.

Para obtener más información, comuníquese con la Oficina del Supervisor del Town de Ossining al 914-762-6001 o vcafarelli@townofossining.com, o vístenos en [Facebook.com/townofossining](https://www.facebook.com/townofossining).