



## **TOTAL BODY FITNESS CLASSES**

By: **[www.OrganicWorld.us](http://www.OrganicWorld.us)**

FITNESS CLASSES MADE IN THE COMMUNITY  
TO SERVE THE COMMUNITY NEEDS!

AS PART OF THE FORESTBURGH WORKSITE WELLNESS PROGRAM

- **STRETCHING**
- **AEROBICS**
- **STRENGTHENING & RESISTANCE**
- **WEIGHT LIFTING FOR ARMS & LEGS**
- **SCULPT & TONE YOUR WHOLE BODY**

Each **weekly class** will be held at the **Forestburgh Town Hall** on **Wednesdays** at **5:30 pm**. First class is scheduled on **June 27<sup>th</sup>**. An ACE Certified Health Coach will deliver classes. Classes will be held outdoors when weather permits and indoors during uncooperative weather. Please bring your own **yoga mat**, **sunscreen** and **water bottle**.

There is a **\$10 cash** contribution per class per person to be paid upon arrival.  
**Children 7 years and under are free.**

**Pre-registration is suggested:**

- **Call (845)794-0611 Ext. 28**
- **Email [forestburghbookkeeper@yahoo.com](mailto:forestburghbookkeeper@yahoo.com)**

**NO COMMITMENT-JUST SHOW UP AND ENJOY THE FUN!**

**ABOUT ORGANICWORLD.US:**

**Sustainable Farm, Prepared Meals, Farm Share,  
Health Coaching, Cooking Classes & Event Services  
for a better world for all of US!**



Website: **[www.OrganicWorld.US](http://www.OrganicWorld.US)**

Facebook, Instagram & Twitter: **@OrganicWorldUS**

Ph: **212 518 3045** – Email: **[organicworld.sw@gmail.com](mailto:organicworld.sw@gmail.com)**