

ASSEMBLYWOMAN MICHAELLE C. SOLAGES

will host a

FREE

COMMUNITY FITNESS DAY

In celebration of New York Women's Health and Fitness Day

Yoga class 2:00 pm

Spin class 3:00 pm

Zumba class 5:00 pm



4:00pm: Receive advice on Wellness and Fitness best practices!

When: September 21, 2014

Time: 2:00-6:00 PM

RSVP REQUIRED ~~ SPACES ARE LIMITED!

To Reserve Space please contact the District Office at:

516-599-2972

For more information about this event or any other community issue please contact
Assemblywoman Solages' office at 516-599-2972.