

# FLORAL PARK RECREATION PROGRAMS

## SESSION I FALL 2020

### ADULT PROGRAMS

#### AEROBICS

**Days:** Monday, Wednesday, & Friday 8:30am - 9:30am or 9:45am - 10:45am

**Nights:** Monday & Wednesday 7:00pm - 8:00pm

#### CARDIO KICKBOXING & TONING

Monday & Wednesday: 8:00pm - 9:00pm

#### INTERVAL FITNESS TRAINING (Outdoors in the Park)

Tuesday & Thursday: 9:15am - 10:15am

#### ADULT YOGA

Tues: 7:45pm - 8:45pm or Thurs: 4:15pm - 5:15pm or Sat: 8:30am - 9:30am

#### ADULT ZUMBA

Tuesday: 6:30pm - 7:30pm or Saturday: 9:45am - 10:45am

#### KNITTING

Tuesday: 1:00pm - 3:00pm

#### REGISTRATION:

AT THE RECREATION/ POOL COMPLEX

#### DATES AND TIMES:

WEDNESDAY, SEPTEMBER 16 AND THURSDAY SEPTEMBER 17

6:30PM - 8:30PM

For more information please call 326-6336.

2019/2020 VFP Resident Leisure Pass or 2020 Resident Pool Pass is required.

Applications are available at the Recreation/Pool Building, Parks Shelter House or the Village website [www.fpvillage.org](http://www.fpvillage.org).

Classes are subject to change or cancellation

