



Town of Brookhaven
Department of Parks, Recreation and Sports, and Cultural Resources
Edward P. Romaine, Supervisor

Movin' in Brookhaven

**Fitness Challenge
To a Healthier You**

Kick-Off Event

**at Harold H. Malkmes Wildlife and Ecological Education Center
(Holtsville Ecology Park, Buckley Rd., Holtsville)
May 16, 2015 (rain or shine)
10 a.m. - 4 p.m.**

The Town of Brookhaven Department of Parks and Recreation is running a fitness challenge program this summer (Memorial Day through Labor Day) to bring awareness to our residents of fitness opportunities available here in Brookhaven. To kick off this event in addition to the ribbon cutting ceremony featuring our new outdoor exercise equipment we will be offering free fitness classes, raffles, health screenings, vendors, DJ and free parking. For more information, please call 363-5193.

Schedule

- 10:00 Ribbon Cutting - New Outdoor Fitness Equipment
- 10:30 Yoga (no mats required)
Pickleball
- 11:30 Adaptive Zumba
Kids Dance
- 12:15 Drums
- 12:30 Hula Hooping (hoops will be provided)
- 1:15 Kendo (samurai sword fencing)
- 1:30 Country Line Dancing
Karate
- 2:15 Fitness Boot Camp
Zumba
- 3:00 Tai Chi
- 3:15 Belly Dancing



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(631)451-TOWN

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Edward P. Morris, Commissioner

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