



Village of Mamaroneck
Parks & Recreation

Total Body WORKOUT



ALL FITNESS LEVELS WELCOME

Mondays & Thursdays

6:30 p.m. to 7:30 p.m. in the Stephen E. Johnston Beach Pavilion

30 CLASSES

Residents: \$120.00

Non-residents: \$180.00

CLASSES INCLUDE

Step Toning • Circuit Training • Kick Boxing • Kettle Ball Training • Tabata

For more information contact the Recreation Department at (914) 777-7784 or recreation@vomny.org