

New Vitality

Due to scheduling conflicts, the following programs or classes have been cancelled or schedule changes as of July 17:

Aquacise, levels 1 and 2 at the New York Sports Club (page 3)	Mondays and Wednesdays starting July 27 and 29
Arthritis Aquatics Program (page 3)	Thursdays starting July 30
Gender Matters: Heart Disease and the Sexes (page 4)	August 13
Knowing How to Be FAST When it Comes to Stroke (page 4)	July 30
Senior Police Academy (page 5)	4 weeks starting Tues., Sept. 22
Building Better Bones: Nutrition for Bone Health (page 5)	September 22
CarFit for Adults (page 8)	July 31
Eat Right: Fabulous Fiber and More (page 8)	July 28
Healthy Aging: WISE program (page 9)	6 weeks starting Fri., August 7
Summer Emergencies (page 9)	July 24
Healthy Eating for Grandparents And Grandchildren (page 9)	July 10

Additionally, there has been a change in schedule for the following: (page 3) –

- Muscles in Motion will start on Monday, August 3 and end October 19 (no class 8/10, 9/7, 14, 28)
- Lite & Fit will start on Tuesday, August 4 or Thursday, August 6 and end Oct. 13 or Oct. 15 (no class 8/11, 8/13, 9/15, 9/17, 9/29, 10/1) (there will be class week of Labor Day.)
- The Power Hour will start on Wednesday, August 5 and end Oct. 14 (no class 8/12, 9/16 and 9/30) (there will be a class week of Labor Day).

We apologize for any inconvenience and hope you will be able to join us for our other programs. We will do our best to keep this list up to date as any further change occurs. Feel free to call 1-844-472-8499 with any questions!