



# Mind, Body, Spirit Ossining

The Town of Ossining is introducing an exciting program this spring to highlight our open spaces and local businesses. We are partnering with businesses that focus on fitness and wellness to offer FREE classes to the public on the weekends at a Town or Village Park or open space so you can learn how to be fit on your own at our parks, or with guidance at our local fitness and wellness centers.

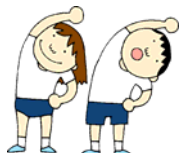
**Let's make the mind, body, and spirit of Ossining better than ever this summer!**

Help us Kick-Off this program at  
**Ossining's First Annual Health and Wellness Day**  
With FREE demonstrations at  
the Community Center Gym on May 7th  
**No equipment or experience necessary!!!**  
**Please wear appropriate clothes and footwear for a workout**

**10:00 am**

Start the day with proper warm-up techniques with

**David Garcia of  
G.E.M. Fitness**



**11:00 am**

An Introduction to

**ICU Fit  
Training's  
Enrique Rosario's**  
unique

30-minute exercise regimen

Come for a  
chance to win  
**TWO FREE**  
personal training  
classes with  
Enrique!

**Open Door Family**

**Medical Center's Cuerpaso Program at  
12noon and**

**Recess Rocks! Program at 12:30pm**

Parents—learn basics of kick boxing with  
**Master Edward of UMAC at  
12:30 pm!**



**1:00 pm**

**Dragonfly Wellness Yoga  
Studio** will give a preview of  
their Saturday night  
Evening Flow sessions held  
this summer



**2:00 pm**

Learn a bit of Tai Chi with **Dr. Robert  
Chuckrow**



**3:00 pm**

Finish the day strong with **Sue's  
Zumba Fitness**

*Stay tuned for more events to come on the Town's website, Facebook, and Burbio calendar!*