

Exercise Programs at Dunham Library

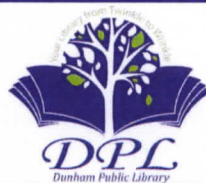


**Join us for a free, nonjudgmental exercise program.
We have several options. Participate in one or all!**

- 1) Sign up for the online walking club where an [email](#) with a link to a low impact, [walking based, aerobic video](#) is sent to you about every other day.**
- 2) Join us in the library [community room](#) for [a cardio drumming exercise](#) program. All materials provided. [Preregistration is required](#). Limited to 8 people per class. Monday 5:15 PM to 5:45 PM. Tuesday, Wednesday & Thursday 8:15 AM to 8:45 AM.**
- 3) Check at the information desk (ext. 207) for information on the Tai Chi class that meets Thursdays 4:30 PM to 5:30 PM.**

Contact Rosemary at 315-736-9734 ext. 204 or rmanley@midyork.org to register for programs 1 or 2 or if you have any questions.

76 Main Street
Whitesboro, NY 13492



315-736-9734 x 204
rmanley@midyork.org