

**ASSEMBLYWOMAN MICHAELLE C. SOLAGES**

will host a

**FREE**

## **COMMUNITY FITNESS DAY**

**In celebration of National Women's Health and Fitness Day**

Yoga class 2:00 pm

Spin class 3:00 pm

Zumba class 5:00 pm



**4:00pm: Receive advice on Wellness and Fitness best practices!**

**When: September 21, 2014**

**Time: 2:00-6:00 PM**

**RSVP REQUIRED ~~ SPACES ARE LIMITED!**

**To Reserve Space please contact the District Office at:**

**516-599-2972**

For more information about this event or any other community issue please contact  
Assemblywoman Solages' office at 516-599-2972.