

Town of Brookhaven  
Department of Parks, Recreation & Sports, and Cultural Resources

# KOGA LITE

THESE CLASSES ARE A UNIQUE WORKOUT COMBINATION OF KICKBOXING AND YOGA AND ARE DESIGNED AS A GENTLE INTRODUCTION TO EXERCISE/WEIGHT LOSS WITHOUT THE INTIMIDATION. ALL MOVES ARE LOW IMPACT AND DONE FROM A STANDING POSITION FOR EASE ON THE JOINTS. CLASSES ARE TAUGHT BY A CERTIFIED INSTRUCTOR WHO HAS LOST 100 LBS!

ROBERT E. REID, SR. RECREATION CENTER  
DEFENSE HILL ROAD & ROUTE 25A  
SHOREHAM, NY 11786

FRIDAYS  
OCTOBER 5, 12, 19, 26  
NOVEMBER 2, 9

10:00AM - 11:00AM

\$35.00 PER 6-WEEK SESSION

PRE-REGISTER BY  
WEDNESDAY, OCTOBER 3, 2018

CALL 631-744-2601  
FOR MORE INFORMATION OR TO REGISTER

- \*Acceptable payments include check, money order & credit card.
- \*No cash payments accepted.
- \*All cancellations, except by the Town, are subject to a 15% administrative handling fee.



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[www.BrookhavenNY.gov](http://www.BrookhavenNY.gov)  
[www.BrookhavenNY.gov/ParksFacebook](http://www.BrookhavenNY.gov/ParksFacebook)



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Edward P. Morris, Commissioner  
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