

# SUMMER STRETCH & MOVEMENT



## FITNESS CLASS

**WEDNESDAYS • 11 a.m. - 1 p.m.**

**JUNE  
14**

**JULY  
12**

**AUG  
09**

Join in this summer stretch-and-movement class that will develop strength and mobility. Exercises are done from both standing and sitting positions. Please bring a hand towel and water bottle.

**REGISTER NOW!**  
CALL THE RETIREE DIVISION  
**212.226.5800**



**CUNY SCHOOL OF LABOR  
AND URBAN STUDIES**  
25 W. 43rd St., 19th Floor  
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