



Grand Island Recreation Department



2022 Adult Core - Strength Training

w/ Certified Instructor Nichole Becker

45 Min. 4 Week- Winter Sessions

Tuesday's

Session 1: Starts Jan. 11, 2022

Updated: Session 2: Starts Feb 15, 2022 (no class March 8)

6:30pm – 7:15 pm

@ Community Center 3278 Whitehaven Rd. (Nike Base Complex)



Beginners Welcome

Required: Mask, Mat, Appropriate indoor footwear

Water bottle (optional),

(Mask & Covid-19 guidelines according to Erie County, NYSDOH & CDC)

Register online: \$35 Res. / \$50 Non Res.

Information, Registration and Payment go to: <https://grandislandny.myrec.com>

Click on "programs"