

Above and Beyond Community Classes, Inc Presents:

# Fitness & Wellness

## Monday AM Workout

**Sgt. Ty Wilkins  
& His team of certified  
instructors**

**Mondays  
10-10:50am**

To register, email:

**7 weeks-315.00**

**chawkins@buexperience.org 10/25-12/17/21**

**150 Motor Parkway, Hauppauge, NY**

Join Sgt. Tyrome and his team of certified fitness instructors via Zoom or in-person at our location in Hauppauge, NY for this highly interactive and beneficial class that will get you up and moving on Monday mornings! Learn the relationship between physical fitness, feeling energized and focused and the importance of exercising for a happy body and mind. Class members work towards group and individual goals as we encourage and support one another to go those extra steps...literally! The last 15 minutes of class is dedicated to a cool down and light stretching. We know you are up to the challenge with us!

More info & Instructors bios@

<https://www.abcommunityclasses.org/>

Open to the public, all are welcome!

Take a class...Join a Community