



# UNION BAPTIST CHURCH

## HEALTH AND FITNESS

### MINISTRY

#### SCHEDULED ACTIVITIES

OCTOBER 6, 2018 - DECEMBER 29, 2018



Oct. 6th -	<b>LINE DANCING</b>	TDYCC
Oct. 13th -	<b>GROUP WALK</b>	Begins at Kensico Dam
Oct. 20th -	<b>CO-ED CIRCUITS</b>	Yosemite Park, near TDYCC (mat)
Oct. 21 (Sun) -	<b>BREAST CANCER WALK</b> Registration 8:00 AM; Walk 9:30 AM	Manhattanville College
Oct. 27th -	<b>UBC DOMESTIC VIOLENCE AWARENESS WALK</b> Registration 8:30 AM; Walk 9:00 AM	Kensico Dam
Nov. 3rd -	<b>TOTAL BODY CONDITIONING</b>	TDYCC (mat, dumbbells)
Nov. 10th -	<b>High Intensity Interval Training (HIIT)</b>	TDYCC (mat, dumbbells)
Nov. 17th -	<b>SCULPT</b>	TDYCC (mat, dumbbells)
Nov. 24th -	<b>NO CLASS</b>	HAPPY THANKSGIVING!
Dec. 1st -	<b>YOGA</b>	TDYCC (mat)
Dec. 8th -	<b>ZUMBA</b>	TDYCC
Dec. 15th -	<b>AFRO-CARIBBEAN DANCE</b>	TDYCC
Dec. 22nd -	<b>NO CLASS</b>	HAPPY HOLIDAYS!
Dec. 29th -	<b>NO CLASS</b>	HAPPY HOLIDAYS!

Theodore D. Young Community Center (TDYCC) ~ 32 Manhattan Avenue, White Plains, NY 10607  
Walk Site ~ Kensico Dam  
Class Time: 7:45 AM - 8:45 AM