



NASSAU COUNTY POLICE ACTIVITY LEAGUE

510 Parkside Blvd
Massapequa, NY 11758



Fall 2017

A fun and challenging workout experience held at
The Town of Oyster Bay Hicksville Athletic Center
167 Broadway, Hicksville
Monday Afternoons 5:00-6:00 PM

- ❖ Workout with and without weights
 - ❖ Functional Training
 - ❖ Cardio
 - ❖ Build Strength
 - ❖ Improve Stamina
- ❖ Improve Coordination
- ❖ Improve Balance

Fall Session begins September 18th, 2017

8 Week Program -- Space is limited

Class Dates: 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13

Appropriate for all athletes age 16 and up

Registration Fee: \$105.00

Register online at:

www.specialneedspal.siplay.com

Appropriate for all athletes.

All fitness levels are welcome,

program can be modified to fit your ability



Facebook.com/ncpalsnu

IT IS BETTER TO BUILD YOUTH THAN MEND ADULTS