



# ADULT FITNESS CLASS

**Free, open-level fitness classes all summer long!  
Get trim, toned, and empowered with Infinite  
Movement and Henry Street Settlement.**

**Tuesdays & Thursdays from 6:30-7:30 p.m.  
Saturdays from 11:30 a.m.-12:30 p.m.**

**301 Henry Street  
New York, NY 10002**

*No class Saturday 7/28, 8/11, and 8/18*

**In partnership with Infinite Movement | Shaheeda Yasmeen Smith, Founder  
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