



IDLEWILD FITNESS

Sponsored by
Eastern Queens Alliance, Inc.

Stay Fit, Have Fun

A Series of Free Fitness Activities

at

Idlewild Cricket Field in Idlewild Park Preserve
223rd Street & 148th Avenue
Springfield Gardens, NY

For info/directions: 866 372-4255 or info@easternqueensalliance.org

Saturday, July 17, 2010
9:15 – 10:30 AM

CAPOEIRA—Learn basics of this exciting Martial Arts form from ancient Brazil with Eric Fungo.

Saturday, July 24, 2010
9:15 – 10:30 AM

YOGA—Do yoga exercises with Beth McFarlane to improve your health and flexibility. Bring a mat.

Saturday, July 31, 2010
9:15 – 10:30 AM

PILATES —Exercise, develop flexibility and tone with Beth McFarlane. Bring a mat.

Saturday, August 14, 2010
9:15 – 10:30 AM

STRETCH & DANCE—Stretch and dance with Beverley Ann Brown. Bring a mat.

Saturday, August 21, 2010
9:15 – 10:30 AM

TAI CHI—Learn the basics of this ancient Chinese martial art that combines exercise, moving meditation, and self defense with Dino Blanche

Saturday, August 28, 2010
9:15 – 10:30 AM

KARATE—Learn basics of Shotokan Karate, a Japanese art of self-defense.

Friday, August 20, 2010
7:30 PM – 9:00 PM

AFRICAN/CARIBBEAN DANCE—Come jump up, workout and learn to dance to the rhythms of Africa, and the Caribbean with Persephone

Friday, August 27, 2010
7:30 PM – 9:00 PM

DRUM CIRCLE —A rhythm jam with Tracy Hamilton. Bring drums, etc. and chairs or mats.



Directions: Q111/ Q113 to 147th Ave. & Springfield Blvd. or Belt Parkway to Springfield Blvd. Go south to 148th