



*Koga
Lite*

START TRAINING TODAY!

◀ Fridays at 10am

A work-at-your-own pace fitness program that includes kickboxing moves and yoga poses set to great music. Low-impact, great for beginners, healthy and fun! Sneakers, weights and water are recommended. No need for a mat.

JULY 10, 17, 24, 31

All 4 classes \$59

Payable by first Class

AUGUST 7, 14, 21, 28

All 4 classes \$59

Payable by first Class

Try a class, only \$20

**VFW Post 4927
34 Lamport Avenue
Port Jefferson Station**

◀◀ **REGISTER AT** ▶▶▶
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Facebook: KOGA LITE

Instagram: @barbara.kogalite