

Get Fit With Congregation Tifereth Israel



GET HEART SMART



Join
Cantor Gustavo
on Tuesday Mornings
for a
“Walk & A Talk”

Meet in the parking lot of CTI at
8 am for a brisk hour-long walk.
Get some morning exercise.
It's a great way to start your day!

WE START THEM YOUNG!



Even CTI Nursery School
has a Yoga Class!



Other Exercise Opportunities at CTI

WOULD YOU LIKE TO ZUMBA?

Zumba is a Latin-inspired dance fitness program that involves dance and aerobic elements. You do not need any prior experience or even be a good dancer. It is a fun, great aerobic workout. We are considering bringing in an instructor to CTI.



If you are interested, please call
Joan Essex at 759-4558 for information.

ISRAELI DANCING

will be starting in the fall.

WATCH FOR UPDATES!



Congregation Tifereth Israel

Long Island's oldest continuously operating Jewish congregation

Real People * Real Spirit * Real Community

(516) 671-5080

www.ctionline.org

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