

May 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Red Hook 9am
4	5	6 Red Hook 6pm	7	8	9	10 Pier 6 9am
11 Mother's Day	12	13 Pier 6 6pm	14	15	16	17 Red Hook 9am
18	19	20 Red Hook 6p	21	22	23	24
25	26 Memorial Day	27 Pier 6 6pm	28	29	30	31 Pier 6 6pm

Red Hook: pier 44, waterfront garden
Pier 6: end of Atlantic Ave., by the benches
30 minute FREE workout, 20 people max
wear comfortable clothes, bring thick towel or yoga mat
DOWNLOAD WAIVER AND BRING WITH YOU
have fun!
annettelang.com/my-favorite-bartender-workout.htm
@anet711