

Lost your way with your fitness routine? Feeling stressed? Low Energy?
Experiencing a short fuse? Injuries holding you back from working out?

FDNY-CSU welcomes active duty and retired members to get moving again and to de-stress.



Qi-Gong

with Michael McComiskey
(pronounced Chi-gong)

A moderate exercise program originating in China that combines movement, breathing and meditation to both strengthen and relax body and mind. Practiced mostly upright, it is easy on the joints—gentle yet effective.



Extended!

Where: Staten Island CSU

When: Thursdays 3:00-4:15

Four Weeks April 1st-22nd

Where: Ft. Totten CSU

When: Fridays 12:30-1:45

Eight weeks April 2nd-May 21st

To register or with questions contact Jessica Metz at (212) 570 1693 x 380 or
metzj@fdny.nyc.gov

