

East Hanover Recreation Department (973-428-3090)

# Adult Group Fitness Classes – FALL 2018

Co-Sponsored by Olimpia "USA FIT FOR LIFE" FITNESS TRAINING LLC.



**This group fitness class will incorporate Cardio, Strength & Core Conditioning.**  
*All levels welcomed*

**OPEN TO:** ADULTS (16 years and older) Both Residents & Non-Residents

**WHERE:** East Hanover Recreation Center, Fifth Street, East Hanover

**WHEN:** Tuesdays & Thursdays (SEPTEMBER 4 – DECEMBER 13, 2018)  
*No Classes Tuesday, Nov. 6 & Thursday, Nov 22*

**TIME:** 7:00 – 7:45 PM

**REGISTRATION FEE:** *The price for the 14 week session is \$224.00 for 2 days per week or \$125.00 for 1 day per week. Registrations DUE by AUGUST 22, 2018*

\*Make checks payable & mail to: Olimpia Garruto, 29 Puddingstone Way, Florham Park, NJ 07932 (USAFITFORLIFE.COM)

CLASS SIZE IS LIMITED TO 25 PARTICIPANTS/MINIMUM 15 ON A FIRST-COME/FIRST-SERVED BASIS.

**PLEASE NOTE:**

**ALL PARTICIPANTS SHOULD WEAR SNEAKERS AND WORKOUT CLOTHES. WE HAVE STEPS, JUMP ROPES, TUBING, BANDS & WEIGHTED BALLS. PERSONAL MATS AND WEIGHTS ARE OPTIONAL.**

ONE FORM PER PARTICIPANT

Detach Here

**DO NOT WRITE BELOW!**

## 2018 – FALL GROUP FITNESS PROGRAM

Cash

Check No.

Amount

Date Rec'd.

Name \_\_\_\_\_ Age \_\_\_\_\_ Female \_\_\_\_\_ Male \_\_\_\_\_

Address \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Street/PO Box Town State Zip

Home Phone Number: \_\_\_\_\_ Emergency Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Do you have any health condition(s) the Staff should know about? No \_\_\_\_\_ Yes \_\_\_\_\_

Explain: \_\_\_\_\_

THE EAST HANOVER RECREATION DEPARTMENT & OLIMPIA "USA FIT FOR LIFE" LLC. RECOMMENDS THE DISCLOSURE OF RELEVANT HEALTH INFORMATION. UNLESS THE EAST HANOVER RECREATION DEPT AND OLIMPIA'S FITNESS TRAINING ARE NOTIFIED IN WRITING, STAFF WILL BE FORWARDED ALL INFORMATION ON THE REGISTRATION FORM, INCLUDING HEALTH CONDITIONS. ADULT'S SIGNATURE ALLOWING PARTICIPATION AND WAIVING CLAIMS THAT MAY RESULT FROM INJURY DUE TO FITNESS ACTIVITY.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE