

Adult Group Fitness Classes – WINTER 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 (JANUARY 2 – MARCH 22, 2018)

TIME: 7:00 – 7:45 PM

REGISTRATION FEE: *The price for the 12-week session is \$180.00 for 2 days per week or \$100.00 for 1 day per week. Registrations DUE by December 17, 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 – WINTER 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