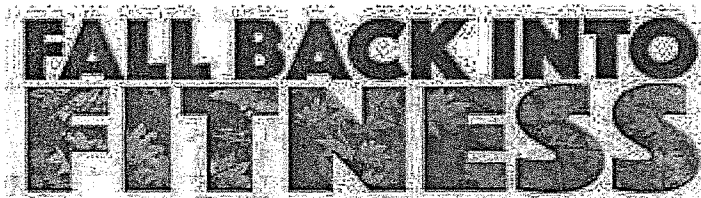


East Hanover Recreation Department (973-428-3090)

Adult Group Fitness Classes – FALL 2017

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



This 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 (SEPT 5 – DECEMBER 14, 2017)

TIME: 7:00 – 7:45 PM

REGISTRATION FEE: The price for the 14-week session is \$210.00 for 2 days per week or \$115.00 for 1 day per week. Registrations DUE by August 25, 2017.

*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!

2017 – FALL GROUP FITNESS PROGRAM

Cash	Check No.	Amount	Date Rec'd.
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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: _____

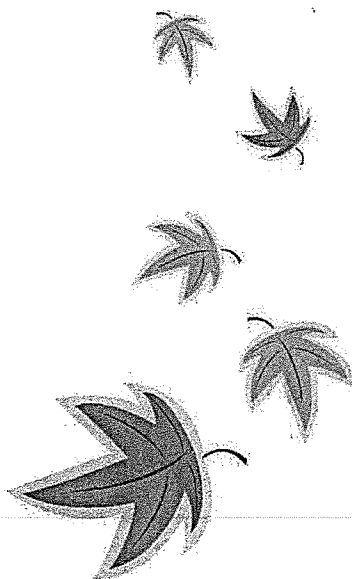
THE EAST HANOVER RECREATION DEPARTMENT & OLIMPIA “USA FIT FOR LIFE” LLC. RECOMMENDS THE DISCLOSURE OF RELEVANT HEALTH INFORMATION. UNLESS THE EAST HANOVER RECREATION DEPT AND OLIMPIA’S FITNESS TRAINING ARE NOTIFIED IN WRITING, STAFF WILL BE FORWARDED ALL INFORMATION ON THE REGISTRATION FORM, INCLUDING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

SIGNATURE

DATE

GROUP FITNESS CLASSES IN EAST HANOVER
With Olympia "USA FIT FOR LIFE" FITNESS
TRAINING LLC.

FALL BACK INTO FITNESS



Fitness Classes consist of Cardio, Strength, Core & Flexibility. Open to all levels of fitness.

Where: East Hanover Recreation Center

When: Tues. & Thur. (9/5 - 12/14/17)

Time: 7:00 - 7:45 PM

To register, email us at

musclesinmotion@yahoo.com

USAFITFORLIFE.COM

