

East Hanover Recreation Department (973-428-3090)
Adult Group Fitness Classes - SPRING 2015

Co-Sponsored by Olympia's Fitness Training, Inc.



HEALTH & WELLNESS

This class is designed to touch on a wide variety of multi-impact exercises

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

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

WHEN: Tuesdays & Thursdays (Beginning Tuesday, April 7, 2015)
 Tuesdays: April 7 - June 23, 2015
 Thursdays: April 9 - June 25, 2015

TIME: 7:15 - 8:00 PM

REGISTRATION FEE: The price for the 12 week session is \$144. Registrations DUE by April 1, 2015.

Class is on First Come, First serve basis and classes fill up quickly. There is no drop in classes.

*Make checks payable & mail to: Olympia's Fitness Training Inc, 29 Puddingstone Way, Florham Park, NJ 07932

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!

2015 - SPRING ADULT 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'S FITNESS TRAINING INC. 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

ZUMBA® Fitness Class Program - Spring 2015 (1 Session of 12 Classes)



Co-Sponsored with Olimpia's Fitness Training Inc.

DID YOU KNOW YOU CAN BURN UP TO 800 CALORIES IN A ZUMBA® FITNESS CLASS

Zumba® combines high energy and motivating music with unique moves and combinations that allows you to dance away your worries. It is based on the principle that a workout should be "FUN AND EASY TO DO"! Zumba® is not only great for the body, but is also great for the mind. It is a "feel happy" workout. This class is open to all fitness levels.

OPEN TO: ADULTS (16 years and older)

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

WHEN: Thursdays (Beginning Thursday, April 9, 2015)

Thursdays: April 9 - June 25, 2015

TIME: 6:00-7:00 PM

REGISTRATION FEE: *The price for the 12-week session is \$108.00. Non-Refundable Registrations DUE by April 1, 2015.*

Class is on First Come, First serve basis and classes fill up quickly. There is no drop in classes.

*Make checks payable & mail to: Olimpia's Fitness Training Inc, 29 Puddingstone Way, Florham Park, NJ 07932

Class size is Limited to 25 Participants/ Minimum 12 on a First Come, First Served basis. Questions? Contact musclesinmotion@yahoo.com

ONE FORM PER PARTICIPANT

Detach Here

DO NOT WRITE BELOW

2015 SPRING EVENING ZUMBA™ PROGRAM

Cash Check# Amount Date Rec'd

Name _____ Age _____ Female _____ Male _____

Address _____ / _____ / _____ / _____

Street/PO Box

Town

State

Zip

Home Phone# _____

Emergency Phone # _____

Cell Phone # _____

E-Mail Address _____

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

Explain _____

THE EAST HANOVER RECREATION DEPARTMENT & OLIMPIA'S FITNESS TRAINING INC. RECOMMEND 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