

GROUP FITNESS CLASSES IN EAST HANOVER With
Olimpia “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. (9/4 - 12/13/18)

Time: 7:00 – 7:45 PM

To register, email us at

musclesinmotion@yahoo.com

USAFITFORLIFE.COM

