Get FIT, HEALTHY & STRONG with Olimpia

"USA FIT For Life"

Group Fitness classes for both Men & Women

Classes consist of Cardio, Strength Training, Core conditioning & Overall Health & Wellness.

You heard about it, Now Come Experience it!

TUESDAYS & THURSDAYS

7:00 – 7:45 PM

(6/21/16 – 7/28/16)

EAST HANOVER RECREATION CENTER

(Near the East Hanover Township Pool)

First Class Free (Non-Residents Welcomed)

Questions? Email us at musclesinmotion@yahoo.com