

Boonton Parks and Recreation

presents

Adult Exercise Fall 2010



All exercise levels welcome

Please join our wonderful instructor Alan to get in shape and have fun! It's a great workout. Enjoy an aerobic workout and toning to help you get fit!

Tuesday and Thursday evenings

6:30PM – 7:15PM

Fall Session Sept 14th – Dec 30th (no class Nov 25th)

Boonton Recreation Center, 1210 Cedar Street

\$80/person

(Checks payable to Boonton Parks and Recreation)

Registration available at class or Pre-Register

Mail to:

Boonton Parks and Recreation, 100 Washington St.,

Boonton, NJ 07005

Questions? Call (973) 263-2110

*****Please bring a mat or towel Hand weights optional but recommended*****

Boonton Parks and Recreation Adult Exercise Program- Fall 2010

I am covered by appropriate Medical/Accident Insurance and I accept full responsibility for any injury that might occur during this program. I will not hold the Boonton Recreation Committee or any of their employees responsible for any accidents or injuries which may occur in the course of, prior to the start of, or after the facilitation of the above program.

Name _____

Address _____

Phone Number(_____) _____ E-Mail _____