

# Abs & Lower Workout



**Rockin' Bottom:** The focus of this class is to strengthen and tone the abdominals, legs and gluteus maximus from every angle. Please bring to class a mat, lightweight dumbbells (3 pounds), towel, and water. Total time: 45 minutes.

## Spring Session 2017

April 11<sup>th</sup> - June 29<sup>th</sup> (12 weeks)

Tuesday & Thursday Evenings: 6:30pm- 7:15pm  
Location: Community Center, 321 Seventh Avenue

**Instructor:** Dee Cavaliere, Certified Instructor

**One Class Option:** \$60/ Resident     \$65/ Non-Resident

**Two Class Option:** \$120/ Resident     \$130/ Non-Resident

\*Due to the extended sessions we are offering the option to pay for *MULTIPLE NIGHTS* of Abs & Lower in two payments! At this time we are not offering this for the one night option. Thank you. **The Minimum Payment Due at Registration for Two Nights: \$70. While the remaining balance would be due ON OR BEFORE May 15<sup>th</sup>.**

### ABS & LOWER BODY - REGISTER NOW!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town, State, Zip code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Phone Number and E-mail Address (for notification of class changes, cancellations, etc):*

Please indicate which night(s): Tuesday \_\_\_\_\_ and/or Thursday \_\_\_\_\_

**SPRING 2017 - Abs & Lower - Class Code: 158**

Please make check payable to:

Borough of Haddon Heights  
625 Station Avenue  
Haddon Heights, NJ 08035  
Attn: Programs

Questions? 856-546-2585 or [ProgramCoordinator@HaddonHts.com](mailto:ProgramCoordinator@HaddonHts.com)