

ABS & LOWER BODY 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.

EARLY WINTER SESSION 2016

November 15th - December 20th

Tuesday Evenings : 6:30pm- 7:15pm (6 weeks)

Instructor: Dee Cavaliere, Certified Instructor

Fee: \$40/ Resident \$45/ Non-Resident

Location: Community Center, 321 Seventh Avenue

ABS & LOWER BODY - REGISTER NOW!

Name: _____

Address: _____

Town, State, Zip code: _____

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

Phone: _____ Email: _____

Early Winter 2016 - 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