

New! **BODY BLAST!**

WARNING!!! : Participants will undergo dramatic changes in energy levels, body type, and experience feelings of euphoria!
You Have Been Warned



Body blast is a fun and exciting way to not only shed those unwanted pounds, but also develop and strengthen your entire body!! The class will be a total body resistance and endurance based program set out in H.I.I.T. format. High Intensity Interval Training is a training style that can be utilized by anyone virtually anywhere! It is a fantastic way to melt away unwanted fat and sculpt your body in a much shorter period of time than more "traditional" forms of training. Every time we meet I will have a new total body workout planned so that dreadful feeling

of, "Do we really have to do that workout AGAIN!!" Will be nothing but a concern of the past!

Don't believe me?! I urge anyone interested in a better body and less stress to take the challenge!

2017 FALL SESSION

October 11th - December 21st (11 weeks)

Wednesday Evenings : 7:15 pm - 8:15 pm

AND / OR

Thursday Mornings : 8:00 am - 9:00 pm

Location: Community Center, 321 Seventh Avenue

Instructor: Tavener Miller, Certified Instructor

Fee : \$75/ Resident \$80/ Non-Resident

BODY BLAST! - REGISTER NOW!

Name: _____

Address: _____

Town, State, Zip code: _____

Phone: _____ Email: _____

Phone Number and E-mail Address are used only for notification of class changes, cancellations, etc.

Select Class Time : Wednesday (10/11-12/20) _____ Thursdays (10/12-12/21) _____

FALL SESSION 2017 - BODY BLAST - Class Code: 157

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