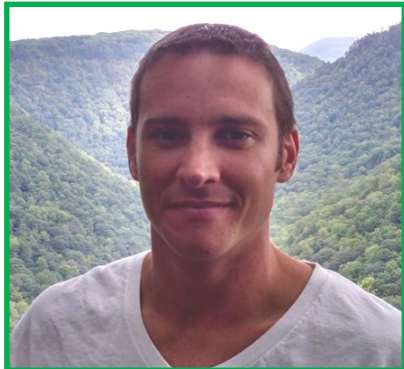


# New! **BODY BLAST!**

**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!**

## **WINTER SESSION 2018**

**January 8<sup>th</sup> - March 29<sup>th</sup>** (12 weeks)

**Monday Evenings : 7:15 pm - 8:15 pm**

**AND / OR**

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

**Location:** Community Center, 321 Seventh Avenue

**Instructor:** Tavener Miller, Certified Instructor

**One Night Option:** \$75/ Resident      \$80/ Non-Resident

**Two Night Option:** \$150/Resident      \$160/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 : Monday: \_\_\_\_\_ Wednesday: \_\_\_\_\_ Both: \_\_\_\_\_

**WINTER SESSION 2018 - 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](mailto:ProgramCoordinator@HaddonHts.com)