

CORE & MORE

(Updated Program - Previously Abs & Lower Workout)



This class will have you flexing your muscles, planking, crunching, squatting and performing functional fitness patterns to have you looking and feeling fit and fabulous. Join me for a total body workout and train your body to perform at its best for daily activities. You will need to bring hand weights (3 or 5 pounds), a mat, bottled water, lots of energy and an open mind to learning different ways of getting in the best shape possible.

2017 FALL "MINI-SESSIONS"

Oct. 10th - Nov. 14th and Nov. 16th - Dec. 21st

(Each Mini-Session is 5 weeks long or combine both for the full 10 week session)

No Class Tuesday 11/7 or Thursday 11/23

Tuesday and/or Thursday Evenings: 6:30pm- 7:15pm

Location: Community Center, 321 Seventh Avenue

Instructor: Dee Cavaliere, Certified Instructor

Fee Per Mini-Session :

One Class Per Week Option: \$25/ Resident	\$30/ Non-Resident
Two Class Per Week Option: \$50/ Resident	\$60/ Non-Resident

CORE & MORE - REGISTER NOW!

Name: _____

Address: _____

Town, State, Zip code: _____

Phone: _____ Email: _____

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

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

Mini Session: 10/10 - 11/14: _____ 11/16 - 12/21: _____ Both: _____

FALL 2017 - Core & More - 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