

# 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 us 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 SUMMER "MINI-SESSIONS"

**July 11<sup>th</sup> - August 17<sup>th</sup> and August 22<sup>nd</sup> - September 28<sup>th</sup>**

*(Each Mini-Session is 6 weeks long or combine both for a full 12 week session)*

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

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

**Instructor:** Dee Cavaliere, Certified Instructor

### Fee Per Mini-Session :

<b>One Class Per Week Option:</b> \$30/ Resident	\$35/ Non-Resident
<b>Two Class Per Week Option:</b> \$60/ Resident	\$70/ Non-Resident

### CORE & MORE - 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 \_\_\_\_\_

**SUMMER 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](mailto:ProgramCoordinator@HaddonHts.com)