

CORE & MORE



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.

WINTER SESSIONS 2018

Jan. 9th - Feb. 15th and Feb. 20th - Mar. 29th

(Each Session is 6 weeks long or combine both for the full 12 week session)

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

Location: Community Center, 321 Seventh Avenue

Instructor: Dee Cavaliere, Certified Instructor

Fees Per 6-Week Session:

One Class Per Week Option: \$30/Resident \$35/Non-Resident

Two Class Per Week Option: \$60/Resident \$70/Non-Resident

Fees Per Full 12-Week Session:

One Class Per Week Option: \$60/Resident \$65/Non-Resident

Two Class Per Week Option: \$120/Resident \$130/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 _____

Session 1: Jan 9 - Feb 15: _____ **Session 2: Feb 20 - Mar 29:** _____ **Both:** _____

WINTER 2018 - 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