

# BODY BLAST!



Body Blast is a hybrid, total body, calorie torching workout plan. I have personally made workouts that will be different every time you set foot on the floor; programs designed to keep you engaged, entertained, and most importantly GET YOU RESULTS!!! Every class is made with exercises for ALL ages, activity levels, and ability levels. Come Check it out!!!!

Participants should water bottle and a nonslip mat.

## SPRING SESSION 2018

**April 9<sup>th</sup> - June 18<sup>th</sup>** (10 weeks)

*No Class Monday May 28th*

**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: \_\_\_\_\_

**SUMMER 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)

