

# BODY BLAST!



Body Blast is a hybrid, total body, calorie torching workout plan. Tav will personally make 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 bring water bottle and a nonslip mat.

## SUMMER SESSION 2018

**July 11<sup>th</sup> - September 19<sup>th</sup>** (11 weeks)

**Wednesday Evenings: 7:15 pm - 8:00 pm**

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

**Instructor:** Tavener Miller, Certified Instructor

**FEE:** \$80/ Resident      \$85/ Non-Resident

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### 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.*

**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)

