

TRX in the Park



The sun is shining, the air is warm and it's time to enjoy the weather while still getting in your workout! Using TRX bands and your body weight you will develop your strength, balance, flexibility and core stability simultaneously. Join this small personal class in the park.

Participants should be prepared to be outside for the duration of the class. Wear comfortable workout clothing and bring water.

SUMMER SESSION 2018

July 12th - September 27th (12 weeks)

Thursday Evenings: 5:00 pm - 5:45 pm

Location: Hoff's Park Playground, Eighth and High Street
Class will also have access to the Cabin if needed

Instructor: Tavener Miller, Certified Instructor

FEE: \$195/Resident \$200/Non-Resident

Intimate Personal Training Class - Maximum of 5 Registrants - Sign up early to save your spot!

TRX in the Park! - 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 - TRX in the Park! - 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

