



CORE & MORE



Core and more is a class designed to get you feeling stronger, happier, and healthier. Did you know that core weakness can be a reason you have poor posture and pain! This class is designed to help give you a total body strengthening experience with a focus on core strengthening and cardiovascular conditioning. This class is made for people of all ages and exercises can always be changed to fit your specific health needs. All are welcome and will benefit in so many ways from this class. Come and see for yourself!!! *Please bring a mat and water to each class.*

FALL SESSIONS 2018

October 9th - November 13th and November 20th - December 18th

(No Class Tuesday 11/6 - Each Session is 5 weeks long or combine both for the full 10 week session)

Tuesday Evenings: 6:30pm- 7:15pm

Location: Community Center, 321 Seventh Avenue

Instructor: Tavener Miller, Certified Instructor

Fees Per 5-Week Session: \$30/Resident \$35/Non-Resident

Fees Per Full 10-Week Session: \$55/Resident \$60/Non-Resident

CORE & MORE

Name: _____

Address: _____

Town, State, Zip code: _____

Phone: _____ **Email:** _____

Phone Number and E-mail Address are for notification of class changes, cancellations, etc.

Session 1: Oct. 9 - Nov. 13 **Session 2: Nov. 20 - Dec. 18** **Both Sessions**

FALL 2018 - CORE & MORE - Class Code: 145 **TOTAL ENCLOSED:** _____

ONLINE REGISTRATION AND CREDIT CARD PAYMENTS NOW AVAILABLE! Information can be found on the Borough's Website at www.haddonhts.com/programs. You can also pay with credit card over the phone by calling the Borough Hall Mon-Fri 9am-5pm at 856-547-7164 ex 3. There will be an additional 2.95% service fee on all credit card payments. Any questions please contact the Program Coordinator at 856-546-2585 or ProgramCoordinator@haddonhts.com.

Checks can be made payable to: Borough of Haddon Heights and mailed or dropped off at the Borough Hall ATTN: Programs, 625 Station Avenue, Haddon Heights, NJ 08035

QUESTIONS? 856-546-2585 or ProgramCoordinator@haddonhts.com

