

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.

WINTER SESSION 2019

January 9th - February 13th and February 20th - March 27th

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

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

Location: Community Center, 321 Seventh Avenue

Instructor: Tavener Miller, Certified Instructor

FEE PER 6-WEEK SESSION: \$40/ Resident \$45/ Non-Resident

FEE PER FULL 12-WEEK SESSION: \$80/ Resident \$90/ Non-Resident

BODY BLAST!

Name: _____

Address: _____

Town, State, Zip code: _____

Phone: _____ Email: _____

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

Session 1: Jan. 8 - Feb. 12 **Session 2: Feb. 19 - Mar. 26** **Both Sessions**

WINTER 2019 - BODY BLAST - Class Code: 157

TOTAL ENCLOSED: _____

ONLINE REGISTRATION AND CREDIT CARD PAYMENTS NOW AVAILABLE! Information can be found on the Borough's Website at www.haddonhts.com. 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