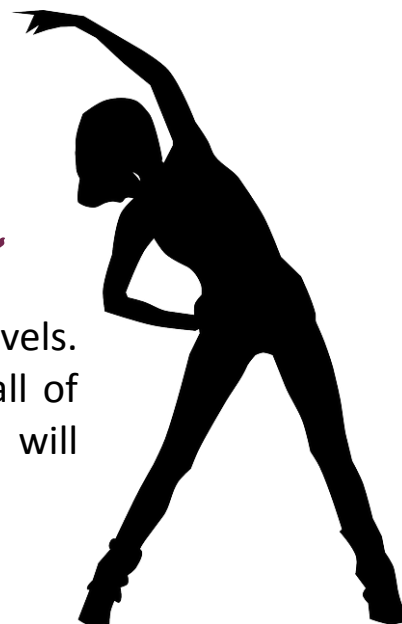


# Fit and Lean



This full body class is for participants of all fitness levels. Offering a wide range of different moves targeting all of your major muscle groups. This circuit training will increase muscular strength, endurance and flexibility.

Please bring water, mat, and towel to class.

## WINTER SESSION 2019

January 10<sup>th</sup> - March 14<sup>th</sup> (10 weeks)

Wednesday Mornings: 10:00 am - 10:45 am

Thursday Evenings: 6:00 pm - 6:45 pm

Location: Community Center, 321 Seventh Avenue

Instructor: Jasmine Stevens, Certified Instructor

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

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### New! Fit and Lean Full Body Workout

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town, State, Zip code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

**WINTER 2019 - FIT & LEAN - Class Code: 158**

**ONLINE REGISTRATION AND CREDIT CARD PAYMENTS NOW AVAILABLE!** Information can be found on the Borough's Website at [www.haddonhts.com/programs](http://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.

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](mailto:ProgramCoordinator@haddonhts.com)