

Boonton Parks and Recreation

presents

Adult Exercise Program Winter/Spring 2009



All exercise levels welcome

Please join our wonderful instructor Alan to get in shape and have fun! It's a great workout. Join at anytime throughout the session.

Tuesday and Thursday evenings

6:30PM – 7:15PM

Class begins Tuesday January 6th – Thursday June 25th

Boonton Recreation Center, 1210 Cedar Street

\$80/person

(Checks payable to Boonton Parks and Recreation)

Registration available at class or Pre-Register

Mail to:

Boonton Parks and Recreation, 100 Washington St.

Boonton, NJ 07005

Questions? Call (973) 263-2110

*****Please bring a mat or towel Hand weights optional*****

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I am covered by appropriate Medical/Accident Insurance and I accept full responsibility for any injury that might occur during this program. I will not hold the Boonton Recreation Committee or any of their employees responsible for any accidents or injuries which may occur in the course of, prior to the start of, or after the facilitation of the above program.

Name _____

Address _____

Phone Number(_____) _____ E-Mail _____

