

Seniors GET FIT Classes

Date/Time:
Tuesdays & Thursdays (every week)
from 12:30-1pm

Location:
River Vale Community Center
628 Rivervale Rd

Cost:

\$20 for 4 classes (just come to a class to sign up)

Instructor: Stephen Sinisi

Any questions, email
wellness@rivervalenj.org



Come experience the benefits of resistance training, which will promote balance, increase muscle strength and reduce the risks of Osteoporosis!!



Mayors Wellness Campaign
Put your community in motion.