

Adult GET FIT Classes

Date/Time:
Tuesdays 7:00pm - 7:45pm

Location:
River Vale Community Center
628 Rivervale Rd

Cost: \$5 per class
No pre-registration required.
Bring cash or check payable
to "Township of River Vale"
directly with you to class.

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.