



Date: Feb 28th - May 10th

Location: Live Fit , www.trainlivefit.com

183 Old Tappan Rd, Old Tappan

Cost: \$20 per class

Sign up for 1 or 2 sessions a week, either:

Tuesday and Saturday,

Thursday and Saturday, or

Just Saturday

Tues. or Thurs. 7-8PM small group

Saturday 9-10AM large group

Sign up by: 2/25

email: wellness@rivervalenj.org

Or call Anne Catalano at: 201-913-9514

Include your name and contact #

Payment will be collected in 1 or 2 installments
on the first day of class

The River Vale



Mayors Wellness Campaign

Put your community in motion.

presents

Tough Mudder Training



Join the **11 week**
Challenge !!

Whether you're training
for the **TOUGH MUDDER**
or just want to
GET FIT !!