

Adult Senior Fitness

Date/Time:

Tuesdays & Thursdays from
12:30 - 1:15 pm & Mondays
from 6:15 - 7:00 pm weekly

Location:

River Vale Community Center
628 Rivervale Rd.

Cost:

\$48 for 8 classes

Check payable to "Township of
River Vale" and dropped off or
mailed to River Vale Town Hall, 406
Rivervale Road, River Vale, NJ
07675 Attn: Senior Fitness

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!!***



TOWNSHIP OF RIVER VALE
MAYORS WELLNESS CAMPAIGN
HEALTHY BODY - HEALTHY MIND - HEALTHY SPIRIT - HEALTHY COMMUNITY