

ADULT GET FIT CLASSES



Date/Time: TUESDAYS 7:00 PM—7:45 PM

Location: RIVER VALE COMMUNITY CENTER
628 Rivervale Road

Cost: \$20 for 4 Classes. Bring check payable to “Township of River Vale” or cash with you to class. NO PREREGISTRATION REQUIRED!

Instructor: Stephen Sinisi

Any questions? Email
wellness@rivervalenj.org.

*Come try it out!
Improve yourself
and feel great!*

•**Help improve muscle mass.**

•**Increase energy levels.**

•**Increase brain function.**

•**Help reduce chronic pain.**

•**Build bone density.**