

Get motivated and get moving!

The **Body Sculpting** class is taught by personal trainer Lucia Carannante, who will give you a workout designed to train your upper body, lower body, and abdominals using 3-5 pound hand and ankle weights, as well as resistance cords and stability balls.

Come and join us for this total body workout class today!



Mountainside Recreation Department
1385 Route 22 East
Mountainside, NJ 07092

www.mountainside-nj.com/recreation.htm

(908) 232-0015

Body Sculpting



With
Weights!

***A Total Body
Workout!***

BODY SCULPTING

Mar/Apr 2010

Name _____

Address _____

Home Phone _____

Work Phone _____

Cell Phone _____

Email _____

CIRCLE CHOICE BELOW

MONDAY

\$88 resident

\$96 non-resident

I have recently been examined by a physician, and to the best of my knowledge and belief, am fit to participate in the program. It is understood that I am participating at my own risk, and that the Mountainside Recreation Department, program supervisor, and employees do not assume any liability thereof. I give my permission to be photographed, and for the photographs to be used in Recreation Department materials.

Signature of Participant

Amount enclosed \$ _____

Mar/Apr 2010

BODY SCULPTING

Mar/Apr 2010



DATES

Monday evenings

March

1, 8, 15, 22, 29

April

12, 19, 26

PLACE

Mountainside Borough Hall
Community Room (2nd Floor)

TIMES

Monday

7:00-7:45 pm

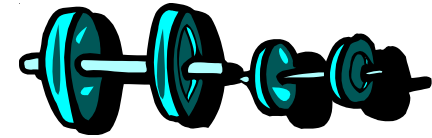


FEES

Monday

\$88 resident

\$96 non-resident



WHAT TO WEAR

Comfortable clothes and shoes appropriate for exercise.

WHAT TO BRING

A mat for floor exercises, light hand and ankle weights (3-5 pounds), and a stability ball.

PRE-REGISTRATION IS REQUIRED!

ENROLLMENT IS LIMITED!

A MINIMUM NUMBER OF PARTICIPANTS IS NEEDED.

Please return registration form with a check payable to **Mountainside Recreation Department** to:

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1385 Route 22 East
Mountainside, NJ 07092

Any questions? Call (908) 232-0015 or visit us online at www.mountainside-nj.com/recreation.htm.

