

POMPTON LAKES RECREATION

GET FIT CLASS

March 27th - May 17th

MONDAYS & WEDNESDAYS
7-8PM

\$55 ALL SESSIONS - \$40 FOR
10 CLASSES - \$5 DROP IN
'BRING YOUR OWN WEIGHTS
& MAT'

LINCOLN ELEMENTARY
SCHOOL
40 MILL STREET
POMPTON LAKES, NJ 07463

CAROL'S CLASSES

3/29 - FULL BODY BLAST
4/5 - KICKBOXING
4/17 - BANDS + WEIGHTS
5/8 - FULL BODY BLAST
5/10 - KICKBOXING

CHRISSY'S CLASSES

4/3 - PIYO
5/1 - PIYO

COLLEEN'S CLASSES

4/24 - POUND
5/15 - POUND

JEN'S CLASSES

3/27 - HIT
4/26 - HIT
5/17 - HIT

SOPHIES CLASSES

4/19 - ZUMBA
5/3 - ZUMBA

NO CLASSES

4/10
4/12