

Mt Olive Exercise

THE GYM ALTERNATIVE – DESIGNED FOR THE “NON- EXERCISER”

SIMPLE ROUTINES, SMALL CLASSES AND PERSONAL ATTENTION

FREE CLASSES FOR THE WEEK OF JANUARY 27TH

GET READY FOR THE BEACH- SHED THAT WINTER WEIGHT



Monday 6PM – 10/10/10 Cardio Intervals
Tuesday - 6PM - Pilates
Tuesday- 7PM – Buts & Guts
Wednesday - 7PM - Kickboxing
Thursday - 7PM - Zumba
Saturday 9AM - Cardio Blast Interval Training
Sunday 9AM – Step & Tone (Beginner Step)



Monthly Cost \$55 Unlimited Classes
Unlimited classes - 3 month special - \$145
(Available February, June & October)
12 Class Card (3 month expiration) \$75
Per Class fee is \$10 at the door
Location: Mt Olive Senior Center
(Site may change based on Township requirements)

***Register on-site at the first class you attend for your free week
Contact Laura at (973) 903-0453 or lmhars@gmail.com for questions***