

Discover the benefits of Total Body Blast!

Total Body Blast is a full body workout. 30 minutes of step training which will improve your fitness, agility, and full body strength. Then 30 minutes of Core Training which will strengthen your core from your shoulders to your hips. Strengthening your core will prevent back pain, improve posture, and give you ripped abs. **ALL LEVELS WELCOME!!!**



*Join us for this fun and
uplifting experience!*

Mountainside Recreation Department

1385 Route 22 East
Mountainside, NJ 07092

www.mountainside-nj.com

(908) 232-0015

Total Body Blast



*Discover
the
benefits!*

Total Body Blast November/December 2016

Name _____

Address _____

Home Phone _____

Cell Phone _____

Email _____

Fee: \$61 Residents
\$68 Non. Residents

I (we) 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 \$ _____

Nov/Dec 2016

Total Body Blast November/December 2016

DATES

Mondays

November 7, 14, 21, 28
December 5, 12, 19

INSTRUCTOR

Lori Wierzbinski

PLACE

Mountainside Borough Hall
Community Room (2nd Floor)

TIMES

Mondays
6:00pm-7:00pm

FEES

Residents: \$61
Non-Residents: \$68



WHAT TO WEAR?

Sneakers

WHAT TO BRING

Bring an exercise mat, step, water, towel, and a positive attitude!!!

PRE-REGISTRATION IS

REQUIRED!

ENROLLMENT IS LIMITED!

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

Mountainside Recreation Department
1385 Route 22 East
Mountainside, NJ 07092

Registrations can be done online at
www.communitypass.net

Questions? Call (908) 232-0015
or visit www.mountainside-nj.com