



**APRIL SCHEDULE
FRIDAYS**

4/12, 4/19 & 4/26

AT 9:30 A.M.

**AT THE W-R CIVIC CENTER
FREE TO ALL W-R RESIDENTS**

**PLEASE CALL THE REC OFFICE
201-939-7507 TO REGISTER**

**PLEASE WEAR COMFORTABLE CLOTHING AND PLEASE GET THE OK
FROM YOUR PHYSICIAN BEFORE BEGINNING ANY NEW EXERCISE
PROGRAM. CLASS WILL START PROMPTLY!**