



SEPTEMBER SCHEDULE
MONDAY 9/16 & SEPTEMBER 9/27
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!

