

West Caldwell-Caldwell Recreation

Senior Fitness

Fall 2018

Where: West Caldwell Firehouse, 6 Fairfield Avenue

When: **Fridays – 10:30-11:30am**
September – 7, 13, 20, 27
October – 5, 12, 19, 26
November – 2, 9, 16, 30
December – 7, 14, 21

Cost: **\$30.00**

Instructor: **Trudi Barrett**

Make check payable to **WC-C Recreation**
Return form and fee to **30 Clinton Road**
 West Caldwell, NJ 07006

Register online - <https://register.communitypass.net/westcaldwell>

Questions, please call the Recreation office 973-226-3621



NAME: _____

ADDRESS: _____ C WC

PHONE: _____ **E-MAIL:** _____

TO THE BEST OF MY KNOWLEDGE, I AM PHYSICALLY FIT TO ENGAGE IN THE FALL 2018 SENIOR FITNESS PROGRAM OF THE WEST CALDWELL-CALDWELL RECREATION DEPARTMENT.

SIGNATURE: _____ **DATE:** _____