

West Caldwell-Caldwell Recreation

Senior Fitness

Fall 2019

Where: West Caldwell Firehouse, 6 Fairfield Avenue

When: Fridays – 10:00-11:00am

September – 13, 20, 27

October – 4, 11, 18, 25

November – 1, 8, 15, 22

December – 6, 13

Cost: \$26.00

Instructor: Cheralyn Buffa

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 2019 SENIOR FITNESS PROGRAM OF THE WEST CALDWELL-
CALDWELL RECREATION DEPARTMENT.

SIGNATURE: _____ **DATE:** _____