

West Caldwell-Caldwell Recreation

Senior Fitness

Winter/Spring 2020

Where: West Caldwell Firehouse, 6 Fairfield Avenue

When: Fridays – 10:30-11:30am

January 10, 17, 24, 31

February 7, 14, 21, 28

March 6, 13, 20, 27

April 2, 17, 24

May 1, 8, 15, 22, 29

June 5



Cost: \$42.00

Instructor: Trudy 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 2020 WINTER/SPRING SENIOR FITNESS PROGRAM OF THE WEST CALDWELL-CALDWELL RECREATION DEPARTMENT.

SIGNATURE: _____ **DATE:** _____