



FITNESS FOR EVERYONE

WITH NANJI HUNER

FITNESS FOR EVERYONE IS DESIGNED TO HELP IMPROVE AND ENHANCE MUSCLE TONE, REFINE BALANCE AND BOOST STRENGTH (ABDOMEN, ARMS & THIGHS).

Dates: Wednesday's, March 8,15,22,29, April 5,12,19,26
Time: 8:00-9:00am
Fee: \$110/PJ Residents \$120/Non-residents
Location: Port Jefferson Village Center
Registration: PJ Rec Dept., 2nd Floor Village Center, 101A East Broadway, Port Jeff, NY
Notes: Please bring a floor mat



Program Name: Fitness for Everyone **March Session 3/8/2017**
Last Name: _____ First Name: _____
Address: _____
Phone: _____ Emergency Contact : _____
Email: _____

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