

IN COLLABORATION WITH
NORTH BRUNSWICK TOWNSHIP
DEPARTMENT OF PARKS, RECREATION, &
COMMUNITY SERVICES

## SPECIAL NEEDS FRIENDLY FITNESS

Thursdays 4:00-5:00 PM 9/18; 9/25 10/2; 10/9; 10/16; 10/23 10/30; 11/6; 11/13; 11/20

Join a structured fitness class as a teen or adult to improve strength and speed in a safe environment!

Coached by Certified Special Needs Teacher Coach Cabrera

\$100 = 10 Sessions

**TEENS - ADULTS** 

**Register:** Call (732) 247 – 0922 ext. 475 for further information and registration procedures

Location



