

A Combination of Pilates, Strength Training and Yoga

Fitness Fusion

Starting Thursday, September 9th 7:00-8:00 pm



HAVE FUN WITH AN ENERGIZING & MOTIVATING WORKOUT!

Classes taught by a certified instructor

Session is 10 classes over 10 weeks

Sign up for 8-10 classes at \$10/class

\$15 for individual classes

Purchased classes must be taken within session

Please bring water and a mat or towel

Wear comfortable clothing

A minimum of 10 people are needed to begin

NET PROCEEDS BENEFIT UACCNJ!

Register the first day of class

or mail payment to Energy in Motion LLC

PO Box 53, Rockaway NJ 07866

Make checks payable to UACCNJ/Fitness Fusion



Ukrainian-American Cultural Center of New Jersey
60-C North Jefferson Road, Whippany, NJ 07981

Everyone 15 years and older is welcome. Session begins Thursday, September 9th and will take place in multipurpose rooms 2, 3, & 4.

A Physician's Clearance may be required before starting any exercise program. Contact Tiffany (973) 983-9554 or info@einmotion.com with any questions.