

A Combination of Pilates, Strength Training and Yoga

# Fitness Fusion

Starting Thursday, January 14th 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



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