

Seniors GET FIT Classes

DATES: Tuesdays & Thursdays

TIME: 12:30PM-1PM

LOCATION:

River Vale Community Center
628 River Vale Rd

COST: \$20 for 4 classes

Email :wellness@rivervalenj.org
or call Anne Catalano:
201-913-9514

To reserve a spot

INSTRUCTOR: Stephen Sinisi



Come experience the benefits of resistance training, which will promote balance, increase muscle strength and reduce the risks of Osteoporosis!!

The River Vale



Mayors Wellness Campaign

Put your community in motion.