

Seniors GET FIT Classes

Date/Time:
Tuesdays & Thursdays (every week)
from 12:30 - 1pm

Location:
River Vale Community Center
628 Rivervale Rd.

Cost:
\$40 for 8 classes - No pre-
registration required. Come down
and try your first class for free!

Instructor: Stephen Sinisi

Any questions? Email
wellness@rivervalenj.org



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



Mayors Wellness Campaign
Put your community in motion.