



LIVINGSTON
NEW JERSEY

SENIOR, YOUTH & LEISURE SERVICES

NEW Adult Fitness Classes

3 in 1: Cardio, Strength & Yoga
AND Stability Ball

FREE Demonstrations Offered!

3 in 1—Cardio, Strength & Yoga

Thursday, April 4, 6:30 pm @ Senior/Community Center

Stability Ball

Tuesday, April 2, 10:15 am @ Northland Recreation Center

Please complete [registration form](#) prior to attending demonstration.



Instructor:
Valerie DeNick

Val is a fitness professional who provides health and wellness to the community. AFAA-certified, she trains all ages and fitness levels.

For over fifteen years, Val has instructed various fitness classes, such as; aquatics, boot camp, cardio-kickboxing, spin, interval classes and yoga for children.

2019 SPRING PROGRAMS

3 in 1: Cardio, Strength & Yoga

Thursday: 6:30-7:30 pm
Senior/Community Center

Dates: 4/11—6/20

Cost: Residents: \$75.90, Non-residents: \$99.00

Pre-registration required.

Stability Ball

Tuesday: 10:15-11:15 am
Northland Recreation Center

Dates: 4/9—6/18

Cost: Residents: \$69.00, Non-residents: \$90.00

Pre-registration required.

Registration for Spring programs opens Monday, March 11, online at [Community Pass](#) or in person at SYLS Office, 204 Hillside Ave. Monday—Friday 8:30 am—4:30 pm.

Pre-registration required.

Questions: Call 973-535-7925, option 8 or email syls@livingstonnj.org