



WORKOUT AT THE BEACH THIS SUMMER!

****FREE FOR BUBBLING SPRINGS MEMBERS****

Tuesdays June 21, 28, July 5, 12, 19, 26, August 2, 9

At 6:30 p.m. – on the beach at Bubbling Springs

(45 minute workout)

For everyone ages 16 & up.

****Weather Permitting****

Workouts will be on the beach. Participants should bring the following:

A mat, 2 bath/beach towels, a set of dumbbells, & resistance bands.

Free for Bubbling Springs Lake Members.

\$5.00 per class for non-lake members.

Instructed by D.J. Neill, ACE Certified Group Fitness Instructor

To Enroll in classes please contact the
Community Services & Recreation Department at 973-728-2860
973-728-2860. Office hours M-F, 8:30 – 4:30.