

Eatontown Recreation
47 Broad Street
Eatontown NJ 07724
732-389-7607
EatontownRecreation.com

Cardio, Core & More!!

WHEN: Wednesday Morning

TIME: 9:00 AM - 10:00 AM

WHERE: Eatontown Community Center - 72 Broad Street

FEE; Free to Eatontown Residents, Non-Residents \$5.00 per class

WHO: Adults - Ages 18 and up



Cardio, Core and More with Corinne offers fitness for adults with exercises designed to increase muscular strength, flexibility, and resistance (strength) training, all done in a safe, fun-filled environment accompanied by music. Hand held weights, elastic tubing with handles, and six inch inflatable balls are used for resistance and are provided to participants at each class. All exercises can be modified and performed in a chair.



+While the Borough of Eatontown maintains liability insurance covering the Borough for injuries or expenses occurring by reason of its negligence, the Borough does not carry insurance to provide payment for medical expenses occasioned by injuries unrelated to fault on the part of the Borough or its employees.

2016 Cardio, Core & More Registration Form

Adult Last Name _____

Adult First Name: _____

Address _____

E mail: _____

Telephone#: _____

Emergency#: _____

Participant Name:

Gender:
Female or Male

Date of Birth:

Eatontown Resident
Yes or No

Participant requires reasonable modifications due to a disability in order to participate ___ Yes ___ No