

**TOWNSHIP OF NUTLEY
COMMISSIONER MAURO G. TUCCI
DEPARTMENT OF PARKS & RECREATION**

MORNING GRIND



THIS PROGRAM IS OPEN TO NUTLEY RESIDENTS
REGISTRATION FEE IS \$ 135.00 PER PERSON.
ONLINE REGISTRATION IS AVAILABLE AT:
[HTTPS://REGISTER.COMMUNITYPASS.NET/NUTLEY](https://register.communitypass.net/nutley)
CLASS SIZES ARE LIMITED.



INSTRUCTOR: SUE QUIGLEY
LET'S WORK OFF THOSE CALORIES IN A HIGH ENERGY WORKOUT
COMBINING CARDIO, STRENGTH, AND CORE! WE WILL WORK OUR
LOWER AND UPPER BODIES, PLUS CHALLENGE THAT CORE! BRING
LIGHT AND HEAVY WEIGHTS, A MAT, A TOWEL AND WATER.

****NOW OFFERING MORE CLASSES PER SESSION****

**TUESDAY AND THURSDAY MORNINGS 9:00AM- 10:00AM
CLASSES WILL BE HELD AT PARKS AND RECREATION
ANNEX 65 BLOOMFIELD AVE.**

**TUESDAY DATES: SEPT. 1, 8, 15, 22, 29, OCT. 6, 13, 20, 27,
NOV. 10, 17, 24, DEC. 1, 8**

**THURSDAY DATES: SEPT. 3, 10, 17, 24, OCT. 1, 8, 15, 22, 29,
NOV. 5, 12, 19, DEC. 3, 10**

NO CLASS NOVEMBER 3, 26

Morning Grind Fall 2026

Name: _____ Birth Date _____ Phone: _____

Address: _____ Email: _____

The undersigned parent/guardian, does hereby consent to engage in all Recreation activities of the current season and does hereby waive, release and discharge the organizers, sponsors, supervisors, coaches, league officials, or the Township of Nutley, engaging in all Recreation activities or matters incidental thereto.

Signature of parent/guardian _____

Please initial that you have read and agree to Code of Conduct _____