

Township of Nutley
Commissioner Mauro G. Tucci
Department of Parks & Recreation

Movement, Mobility & Stability

This program is open to Nutley Residents— Online Registration is available at:

<https://register.communitypass.net/nutley>

Registration Fee is \$135.00 per person.

2 mornings per week; Monday's & Wednesday's 9AM – 10AM

Boost your strength, balance, and flexibility in this full-body class! Each session includes 30 minutes of low-impact cardio, followed by balance and stability drills, and finishes with mobility and stretching for improved movement and recovery.

Participant Requirements:

To ensure safety and full participation, individuals must be able to:

- Move forward, backward, and side-to-side (laterally)
- Lift and curl their knees
- Get up and down from a mat on the floor
- Perform exercises while seated on a mat, on all fours, on their back, and on their stomach



This program is ideal for anyone looking to improve their mobility, stability, and overall confidence in movement.

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

Monday and Wednesday Mornings 9 AM – 10 AM

Classes will be held at Parks and Recreation ANNEX 65 Bloomfield Ave.

MONDAY'S: 8/31, 9/14, 9/21, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 11/30, 12/7

WEDNESDAY'S: 9/2, 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 11/25, 12/2, 12/9

NO CLASSES: Sept. 7, Oct. 12, Nov. 11

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Movement, Mobility, & Stability 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 _____