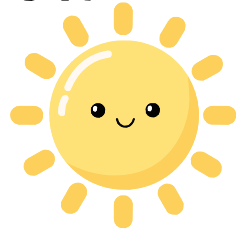


**TOWNSHIP OF NUTLEY
COMMISSIONER MAURO G. TUCCI
DEPARTMENT OF PARKS & RECREATION**



RISE & SHINE



THIS PROGRAM IS OPEN TO NUTLEY RESIDENTS
REGISTRATION FEE IS \$ 185.00 PER PERSON.
ONLINE REGISTRATION IS AVAILABLE AT:
[HTTPS://REGISTER.COMMUNITYPASS.NET/NUTLEY](https://register.communitypass.net/nutley)
CLASS SIZES ARE LIMITED.

INSTRUCTOR: SUE QUIGLEY

What Motivates You To Get Up? Start your day with 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****
MONDAY, WEDNESDAY & FRIDAY MORNINGS 6:00 AM -7:00 AM
CLASSES WILL BE HELD AT PARKS AND RECREATION
ANNEX 65 BLOOMFIELD AVE.

MONDAY DATES: AUGUST 31, SEPT. 14, 21, 28, OCT. 5, 19, 26,
NOV. 2, 9, 16, 23, 30, DEC. 7

WEDNESDAY DATES: SEPT. 2, 9, 16, 23, 30, OCT. 7, 14, 21, 28,
NOV. 4, 18, 25, DEC. 2, 9

FRIDAY DATES: SEPT. 4, 11, 18, 25, OCT. 2, 9, 16, 23, 30,
NOV. 6, 13, 20, DEC. 4, 11

NO CLASS SEPT. 7, OCT. 12, NOV. 11, 27

Rise and Shine Fall 2026

Name:_____Birth Date_____

Phone:_____

Address:_____

Email:_____

The undersigned adult participant, 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, its employees and agents, jointly and severally, from any claim for injuries that may be sustained by adult participant while engaging in all Recreation activities or matters incidental thereto.

Signature of participant is required for participation

Please initial that you have read and agree to Code of Conduct_____

Funds raised for this program may be used for other township sponsored recreation trust activities