

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



This program is open to Nutley Residents—

Online Registration is available at: <https://register.communitypass.net/nutley>

Registration Fee is \$160.00 per person. 12 Week Session /3 mornings per week

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.

Class size is limited.

Monday and Wednesday & Friday Mornings 6:00am –7:00am

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

Monday Dates: April 7, 14, 28, May 5, 12, 19, June 2, 9, 16, 23, 30, July 7

Wednesday Dates: April 9, 23, 30, May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9

Friday Dates : April 11, 25, May 2, 9, 16, 23, 30, June 6, 13, 20, 27

NO Class April 16, 18, 21, May 26, July 4

Rise and Shine - Spring 2025

Name: _____ Home Phone: _____

Address: _____ Cell Phone : _____

Email: _____ Birth Date ____/____/____

I hereby agree to participate in the current season and I 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 adult participant is required for participation. _____

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