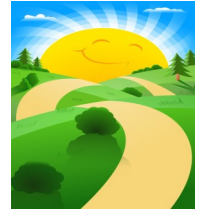


**Township of Nutley**  
**Department of Parks and Recreation**  
**Mauro G. Tucci Commissioner**

# MORNING GRIND



## Cardio and Strength Exercise

This program is open to Nutley Residents—

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

**Registration Fee** is \$110.00 per person. 12 Week Session /2 mornings per week Tues./ Thurs

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.

Tuesday and Thursday Mornings 9:15am –10:15am

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

Tuesday Dates: April 8, 29, May 6, 13, 20, 27, June 3, 10, 17, 24, July 1, 8

Thursday Dates: April 10, 24, May 1, 8, 15, 22, 29, June 5, 12, 19, 26, July 3

**NO CLASS April 15, 17, 22**

Morning Grind - 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 \_\_\_\_\_