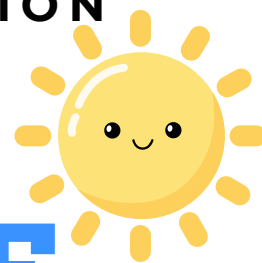


**TOWNSHIP OF NUTLEY  
COMMISSIONER MAURO G. TUCCI  
DEPARTMENT OF PARKS & RECREATION**



# RISE & SHINE

THIS PROGRAM IS OPEN TO NUTLEY RESIDENTS  
REGISTRATION FEE IS \$ 160.00 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.

**MONDAY AND WEDNESDAY & FRIDAY MORNINGS 6:00AM -7:00AM  
CLASSES WILL BE HELD AT PARKS AND RECREATION  
ANNEX 65 BLOOMFIELD AVE.**

**MONDAY DATES: JANUARY 5,12,26,FEBRUARY 2,9,23 MARCH 2,9,16,23**

**WEDNESDAY DATES: JANUARY 7,14,21,28,FEBRUARY 4,11,18,25  
MARCH 4,11,18**

**FRIDAY DATES :JANAURY 9,16,23,30 FEBRUARY6,13,20,27 MARCH 6,13,20**

**NO CLASS JANUARY 19 OR FEBRUARY 16**

Rise and Shine Winter 2026

Name:\_\_\_\_\_BirthDate\_\_\_\_\_

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 parent/guardian or adult 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