



TIME TO GET FIT!

Senior Aerobics with Julie

Wednesdays, March 27-May 22

(No class on April 17)

11am-11:45am in The Glen Rock Municipal Annex

\$24 for the session (8 Classes) or drop in \$5/class

**CLASS MUST MEET AN 8 PERSON
MINIMUM TO PREVENT PROGRAM
CANCELLATION**

**REGISTRATION FORMS CAN BE FOUND
AT BOROUGH HALL OR THE ANNEX**

With her combined studies of yoga, dance, and anatomy, Julie Finkel brings a wealth of knowledge to her class and teaches to the individual needs of her students. With over 20 years of experience teaching, her goal is for all students to find a sustainable exercise routine so they can meet life with greater ease, flexibility and joy. You're in good hands!

