

DEPARTMENT OF PARKS AND RECREATION, TOWNSHIP OF MOORESTOWN
2 Executive Drive, Suite 9A, Moorestown, New Jersey 08057
Phone: (856) 914-3093, FAX: (856) 914-3080, www.moorestownrec.com

BE STRONG AND FLEXIBLE

CORE EXERCISE PROGRAM

The program is based on a mix of

YOGA, PILATES, and STRENGTH TRAINING

Designed to strengthen the core and overall

Body Strength

Balance

Flexibility

WHEN: Thursday mornings from 9:00 to 10:00 AM

December 1 through January 26 (no program 12/29)

WHERE: Church Street Recreation Center – Third Floor

COST: \$99.00 – 8 weeks

MATERIALS: Bring a mat and water

INSTRUCTOR: Cindy O'Donnell

REGISTRATION: www.moorestownrec.com. Visa and Mastercard accepted. Checks payable to Township of Moorestown.

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