

WEST CALDWELL SENIOR FITNESS

November - December

Where: West Caldwell Firehouse, 6 Fairfield Avenue

When: Wednesdays & Fridays

9:00am – Exercise Wednesday, Yoga on Friday

10:30am – Exercise Only

November – 8, 13, 15, 20, 22, 27

December – 4, 6, 11, 13, 18, 20

Cost: \$36.00 for West Caldwell & Caldwell residents

\$60.00 for out-of-town residents



Instructor: Trudi Barrett

Make check payable to WC-C Recreation

Return form and fee to 30 Clinton Road

West Caldwell, NJ 07006

Register online - <https://register.communitypass.net/westcaldwell>

Questions, please call the Recreation office 973-226-3621

NAME: _____ **9:00am** _____ **10:30am** _____

ADDRESS: _____ **TOWN** _____

PHONE: _____ **E-MAIL** _____

EMERGENCY NAME: _____ **EMERGENCY PHONE:** _____

TO THE BEST OF MY KNOWLEDGE, I AM PHYSICALLY FIT TO ENGAGE IN THE
NOV-DEC SENIOR FITNESS PROGRAM OF THE WEST CALDWELL-CALDWELL
RECREATION DEPARTMENT.

SIGNATURE: _____ **DATE:** _____

