

WEST CALDWELL-CALDWELL RECREATION

SENIOR FITNESS PROGRAM – FALL 2026

September–December 2026 • Open to residents of West Caldwell and Caldwell

LOCATION West Caldwell Firehouse 6 Fairfield Avenue, West Caldwell	PROGRAM Low-impact exercise designed to build strength, improve balance, increase flexibility, and support joint health.
DATES Week of September 14 through the Week of December 7, 2026 Mondays, Wednesdays & Fridays	IMPORTANT Participants must register for the entire session. Individual or drop-in classes are not available.

CLASS SCHEDULE & INSTRUCTORS				
DAY	TIME	INSTRUCTOR	CLASSES	PRICE
Monday	9:00 AM	Jen DeLorenzi	13	\$52 WC/Caldwell \$91 Out of Town
Wednesday	9:15 AM	Rachael Muller	13	\$52 WC/Caldwell \$91 Out of Town
Wednesday	10:30 AM	Trudi Barrett	13	\$52 WC/Caldwell \$91 Out of Town
Friday	9:00 AM	Chair Yoga – Instructor TBD	12	\$48 WC/Caldwell \$84 Out of Town
Friday	10:30 AM	Trudi Barrett	12	\$48 WC/Caldwell \$84 Out of Town

⌘ ----- ⌘

SENIOR FITNESS REGISTRATION FORM – REGISTRATION OPENS 9:00 AM SEPTEMBER 9

Please check the class(es) you wish to register for:

- | | | |
|--|--|--|
| ☐ Monday – 9:00 AM
Jen DeLorenzi | ☐ Wednesday – 9:15 AM
Rachael Muller | ☐ Wednesday – 10:30 AM
Trudi Barrett |
| ☐ Friday – 9:00 AM
Chair Yoga | ☐ Friday – 10:30 AM
Trudi Barrett | |

Participant Name: _____

Address: _____

Town: _____ Zip Code: _____

Phone: _____ Email: _____

Emergency Phone: _____

To the best of my knowledge, I am physically able to participate in the September–December 2026 WC-C Recreation Senior Fitness Program. I understand that I am responsible for participating at a level appropriate for my own physical condition.

Signature: _____ Date: _____