

West Caldwell-Caldwell Recreation

Senior Fitness

Winter/Spring 2020

Where: West Caldwell Firehouse, 6 Fairfield Avenue

When: Mondays – 10:30-11:30am

January 6, 13, 27

February 3, 10, 24

March 2, 9, 16, 23, 30

April 6, 13, 20, 27

May 4, 11, 18

June 1, 8



Cost: \$40.00

Instructor: Cheralyn Buffa

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: _____

ADDRESS: _____ C WC

PHONE: _____ **E-MAIL:** _____

TO THE BEST OF MY KNOWLEDGE, I AM PHYSICALLY FIT TO ENGAGE IN THE 2020 WINTER/SPRING SENIOR FITNESS PROGRAM OF THE WEST CALDWELL-CALDWELL RECREATION DEPARTMENT.

SIGNATURE: _____ **DATE:** _____