

***The RUTHERFORD RECREATION DEPARTMENT
Presents Bootcamp Training for Moms & Dads
Free Introduction Class offered by
TFitness Instructor Taryn Havlicek***



OPEN TO RUTHERFORD RESIDENTS ONLY

BOOTCAMP TRAINING FOR MOMS & DADS

Date: Saturday, August 20, 2016

Start Time: 1:30 p.m. at Lincoln Park

Class is designed for Moms & Dads with newborns or toddlers in strollers.

This is an exciting and fun way to workout without having to call a babysitter!!

**Please wear sneakers and comfortable clothing.
Only children in strollers are permitted.**

**For more information please call the Recreation Dept.
at 201-460-3015.**

**If there is enough interest from our Rutherford Parents
We would like to offer this class in the Fall.**