

FITNESS FUSION

A FUSION OF PILATES, YOGA & RESISTANCE EXERCISES

YOGALATES

A COMBINATION OF YOGA AND PILATES



Instructor: Tiffiny Twardowsky

HAVE FUN WITH AN ENERGIZING AND MOTIVATING WORKOUT!

YOGALATES

TUESDAY 7:15 PM

FITNESS FUSION

THURSDAY 7:15 PM

- ◆ Classes taught by a certified instructor
- ◆ Session is 10 classes over 10 weeks
- ◆ Sign up for 8-10 classes at \$10/class
- ◆ \$15 for individual classes
- ◆ Purchased classes must be taken within session
- ◆ Please bring water and a mat or towel
- ◆ Wear comfortable clothing
- ◆ A minimum of 10 people are needed to begin

NET PROCEEDS BENEFIT UACCNJ

Everyone 15 years and older is welcome. Join one or both sessions. **Sessions begin the week of September 24th** and will take place in multi-purpose rooms 2, 3, & 4. A Physician's Clearance may be required if there is a history of certain health conditions. Contact Tiffiny (973) 983-9554 with any questions.



UACCNJ
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Motivation



Determination



Education



Success