

Senior Fitness

Instructor: Olimpia T.

VFW, 52 Eisenhower Pkwy, Roseland, NJ

Mondays & Thursdays 10:00-10:45 AM (Starting 9/12/16)

Open to men & women 50+ - Non Residents Welcomed

Email us @ musclesinmotion@yahoo.com to register



Senior Fitness

Instructor: Olimpia T.

Elks Lodge (Coming in October 2016)

1 Kane Place (Off Ridgedale Avenue), East Hanover, NJ

Tuesdays & Fridays

10:00-10:45 AM

Open to men & women 50+

Email us @ musclesinmotion@yahoo.com to register

ADULT GROUP FITNESS

Instructor: Olimpia T. & Olimpia C.

East Hanover Recreation Center, Fifth Street, East Hanover, NJ

Tuesdays & Thursdays

7:00-7:45 PM

Open to men & women 16+

Combining Weight training, cardio, core & More. Full body workout. All levels welcomed

Email us @ musclesinmotion@yahoo.com to register

FIT BOOT CAMP

Indoor / Outdoor Training (Classes start 9/12/16)

Instructor: Olimpia C.

Private gym in Florham Park

Mondays: 12:15-1:00 PM

Thursdays: 4:15-5:00 PM

Only 2 spots available.

Email us @ musclesinmotion@yahoo.com to register

These are the “open” classes we have available right now. Some of the other classes, you need a health club membership, live in that particular town or you need to be an employee of the corporation to attend.

We are now offering In Home and Private Club One on One and Small Group Personal Training. Affordable rates. Bring a friend or two and get in shape together. We can provide the location. Contact Olimpia for more information at musclesinmotion@yahoo.com