

Get FIT, HEALTHY & STRONG with Olimpia "USA FIT For Life"

If you're waiting
for a sign...

HERE IT IS



Group Fitness classes for both Men & Women

Classes consist of Cardio, Strength Training, Core conditioning & Overall
Health & Wellness.

You heard about it, Now Come Experience it!

TUESDAYS & THURSDAYS

7:00 – 7:45 PM

(9/13/16 – 12/8/16)

EAST HANOVER RECREATION CENTER

First Class Free (Non-Residents Welcomed)

Questions? Email us at musclesinmotion@yahoo.com