

Highland Park Department Recreation presents:

Fall Fitness Classes

Fitness for All With Pat Cullen

An upbeat, motivational workout class designed for people of all ages to help get in shape and stay in shape.

This full body workout includes step aerobics, cardio, core building, weight training & more!

Each class features new step routines and workout elements. The course starts with step aerobics for cardio, then focuses on legs, arms, and abs.

This class can be modified for all fitness levels to ensure everyone can receive a healthy workout. Sneakers are required, and you will need to bring a towel and water to class.



Boot Camp With Michele Klechevsky

This class is a fun combination of short bursts of exercise using your own body weight, free weights, kettlebells and various other equipment such as battle ropes and TRX followed by shorter periods of rest.

Boot Camp/HIIT Training is for those who want to maximize fat loss in a short period of time. The class also focuses on total body strength training incorporated into those short bursts of work.

This class is for all levels from beginner to advanced. It is personally modified to your level in a group setting. Sneakers are required, and you will need to bring a yoga mat & water.



Register online at highlandparkrec.com

Fitness for All: Mondays & Thursdays
7:00- 8:00 pm
Starting 9/19

Boot Camp: Mondays
8:15- 9:15 pm
Starting 9/16

Highland Park Resident Fee:

Unlimited Sessions:
\$130
One class per week:
\$80

Non-Resident Fee:

Unlimited Sessions:
\$160
One class per week:
\$100



@ Highland Park NJ Recreation



Minimum Enrollment Necessary for Programs to Run

HP Department of Community Services Office of Recreation 220 South 6th Ave, Highland Park, NJ 732-819-0052