

# Ridgewood Parks and Recreation presents:

## “TEENS ON THE MOVE”

### Co-ed teen fitness class!



Join Darlene Bellarmino, certified fitness instructor and personal trainer, on Monday afternoons at the Community Center. Get your fit on and improve cardiovascular endurance, strength and agility with a 45-minute interval training program designed for teens. Use of kettlebells, agility ladder, jump rope, slam balls and resistance training.

Registration is open to all middle school students grades 6 thru 8.

Anne Zusy Youth Lounge, Ridgewood Community Center

Village Hall, 131 N. Maple Ave., Ridgewood, NJ

Mondays - 3:30pm to 4:15pm

April 1, 8, (No 15), 22, 29      May (No 6), 13, 20, (No 27)

June 3, 10

\$100/8 classes (\$110/8 classes non-residents)

Limited to 15 participants.

Wear comfortable clothing and sneakers. Bring water/hand towel.

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Program Registration - Online at [www.ridgewoodnj.net/communitypass](http://www.ridgewoodnj.net/communitypass)

#### Program Registration

In person or by mail: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560

Please make checks payable to: **Ridgewood Parks and Recreation**

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Address \_\_\_\_\_

Program: **Teens On The Move**

Email \_\_\_\_\_

Check # \_\_\_\_\_ Cash \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_

Telephone \_\_\_\_\_

I agree to participate in the above Village approved Recreation activity. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury, whether the result of negligence or for any other cause, except to the extent and in the amount covered by accident insurance.

Participant Signature \_\_\_\_\_

Parent Signature (if under 18 years of age) \_\_\_\_\_