

# Bloomindale Recreation

Are you ready for a workout like never before? Then call your friends and register for our **NEW** and exciting exercise program:

**POUND CLASS** w/ certified Pound

Instructor **DJ Neill**



**8 weeks - \$100**

**Tuesdays: 6:30 - 7:15**

October 15th - December 10th  
(no class 11/5)

Bloomindale Fire Hall 97 Hamburg turnpike  
register using qrcode or on our  
website [bloomindalenj.net](http://bloomindalenj.net)

email: [recreation@bloomindalenj.net](mailto:recreation@bloomindalenj.net) or call: 973-222-1310

