

Township of Nutley  
Department of Parks and Recreation  
Commissioner Mauro G. Tucci



This program is open to Nutley Residents—

**Online Registration** is available at: <https://register.communitypass.net/nutley>

**Registration Fee** is \$150.00 per person. **April –May – June 3 mornings per week**

Instructor: Sue Quigley

What Motivates You To Get Up? Start your day with a high energy workout combining cardio, strength, and core! We will work our lower and upper bodies, plus challenge that core!  
Bring light and heavy weights, a mat, a towel and water.

Class size is limited.

Monday ,Wednesday and Friday Mornings 6:00am –7:00 am  
Classes will be held at the Parks & Recreation ANNEX Bldg. 65 Bloomfield Ave.  
Monday Dates: April 10, 17, 24 May 1, 8, 15, 22 June 5, 12, 19, 26  
Wednesday Dates: April 12, 19, 26 May 3, 10, 17, 24, 31 June 7, 14, 21, 28  
Friday Dates : April 14, 21, 28 May 5, 12, 19 June 2, 9, 16, 23, 30  
**No Class May 26, 29**

Rise and Shine - Spring 2023

Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Cell Phone : \_\_\_\_\_

Email: \_\_\_\_\_ Birth Date \_\_\_\_/\_\_\_\_/\_\_\_\_

I hereby agree to participate in the current season and I hereby waive, release and discharge the organizers, sponsors, supervisors, coaches, league officials or the Township of Nutley, its employees and agents, jointly and severally, from any claim for injuries that may be sustained by adult participant while engaging in all Recreation activities or matters incidental thereto.

Signature of adult participant is required for participation. \_\_\_\_\_

Please initial that you have read and agree to Code of Conduct \_\_\_\_\_ & Covid-19 Waiver \_\_\_\_\_