



FITNESS & WELLNESS OF TOMS RIVER

54 Washington Street • Toms River, NJ 08753

SUMMER PROGRAMS

MONDAYS & WEDNESDAYS, JULY 26TH - AUGUST 18TH

Join us this summer for exciting new classes designed to bring out the best in you.

9:30 - 10:30 AM

OUTDOOR CONDITIONING (Advanced class)

A modernized boot camp class with innovative exercises designed to improve performance, strength and stability.

11:00 - 12:00 PM

FIT & FLEXIBLE

Personalized fitness at it's best - this class is designed for those looking to regain joint range of motion, flexibility and mobility. You will be screened for movement issues and then have a program tailored to improve your individual fitness.

2:00 - 3:00 PM

WEIGHT LOSS CIRCUIT TRAINING

Utilizing weights, steps, mats, bands and cardio intervals, this class is geared towards improving overall health and wellness.

3:00 - 4:30 PM

CARDIO CONDITIONING

Looking for a little variety? Each week a different class will be held, for example, Kick boxing, LAB (Legs, Abs, Butt), Turbo Kick and Dance Cardio.

For more information, please contact Shannon Clarey-Cutrona at shannonc@fitnessandwellness.org or (732) 505-5602

