

Eatontown Recreation
47 Broad Street
Eatontown, NJ 07724
732-389-7607
EatontownNJ.com/Recreation

Cardio, Core & More!!

WHEN: Wednesday Mornings

TIME: 9:00 AM - 10:00 AM

WHERE: Eatontown Community Center - 72 Broad Street

FEE; Free to Eatontown Residents, Non-Residents \$5.00 per class

WHO: Adults - Ages 18 and up



Cardio, Core and More with Corinne offers fitness for adults with exercises designed to increase muscular strength, flexibility, and resistance (strength) training, all done in a safe, fun-filled environment accompanied by music. Hand held weights, elastic tubing with handles, and six inch inflatable balls are used for resistance and are provided to participants at each class. All exercises can be modified and performed in a chair.



IMPORTANT: HOLD HARMLESS RELEASE (PLEASE READ): I understand there is no medical insurance coverage included in the registration for any program offered by the Department of Recreation. By participating in these programs, you assume your own medical insurance responsibilities. Participants in Recreational activities sponsored by the Borough of Eatontown should recognize that conditions in an about the recreational facilities, and the nature of certain activities all present certain reasonable and unforeseeable risk of injury. Users/participants assume all reasonable risks, which may exist by virtue of the conditions existing at the facilities, or by virtue of participation in the activities. Users/participants agree to hold harmless the Borough of Eatontown, its employees, or volunteers in the event of accident or injury while participating in the activities and/or while using Borough and/or recreational facilities. Photos and videos may be taken and used by Eatontown Recreation for promotional purposes.

Cardio, Core & More Registration Form

Adult Last Name _____

Adult First Name: _____

Address _____

E mail: _____

Telephone#: _____

Emergency#: _____

Participant Name:

Gender:
Female or Male

Date of Birth:

Eatontown Resident
Yes or No

Participant requires reasonable modifications due to a disability in order to participate ____ Yes ____ No