The Mayor and Town Council invite you to attend

"Family Fitness Fun Day"

(This isn't your typical workout!)

Date: Sunday, February 21, 2016 Time: 1:00 pm—5:00 pm

Location: Recreation Center

1200 Koelle Blvd. Secaucus, NJ 07094

Event: *A fun filled day focusing on fitness and smart food choices to keep adults and children healthy and moving throughout the cold winter months.*

ADULT PROGRAMS:

(All activities are 30 min. intervals)

- **Yoga**
- **Pilates / Sculpt**
- **Ballet Fitness**
- **Spin Circuit**
- **Salsa**
- **Swing**
- **Chair Yoga**
- **Taekwondo**
- **Stroller Workout**
- **Kickboxing Army Workout**
- **Water Aerobics with Dumbbells**

HEALTHY EATING DISCUSSION

- **MeriTerse Racanelli, Goya -Food Scientist / Nutritionist**
  - **How to lower blood pressure and eat great**
  - **Quick and Easy Recipes for a healthy weight and heart**
  - **How to cook and eat to save money, time, & your waistline**
  - **FREE food samplings**
- **Meadowlands Hospital**
  - **FREE Blood pressure, glucose, cholesterol screenings**

CHILDREN PROGRAMS:

(All activities are 30 min. intervals)

- **Ballet (Ages 4— 6) (Ages 7+)**
- **Youth Yoga (Ages 6+)**
- **Taekwondo (Ages 4— 17)**
- **Polka (Ages 6+)**
- **Swing (Ages 6+)**
- **Hip Hop (Ages 6 +)**
- **Teen Yoga (Ages 10—14)**
- **Urban Youth Challenge (Ages 6—14)**
- **Tiny Tot Aerobics (Ages 2 — 4)**
- **Boys Hip Hop (Ages 6 —14)**

GIVE-A-WAYS

- **(3) 1 yr. Memberships, Secaucus Rec. Center**
- **(6) 1 Week memberships, Spinergy Fitness**
- **(1) 1 month Taekwondo trial membership, SMAC**
- **(1) Ballroom class Adult, Dance Power**
- **(1) Ballroom class Child, Dance Power**
- **(1) Ballet class Child, Dance Power**
- **(1) 30 min. Personal Training Session, Jo VanDien**
- **(1) 30 min. Adult or Child Swim Lesson, Jo VanDien**
- **(5) 4 – 1 hour Session Fundamentals, CrossFit**

* Please bring water, yoga mat, and towel

SECAUCUS MARTIAL ARTS CENTER | GOYA | mindful FITNESS | MHMC meadowlands hospital MEDICAL CENTER | PLAY FITNESS YOUTH SPORTS PERFORMANCE | Dance Power Studio | Spinergy Fitness