

Tinton Falls Recreation Adult Cardio Sculpt Class:



*Get your heart pumping while toning at the same time.
Our class starts with warm up exercises then moves to cardio intervals
and toning exercises using light hand weights, bands and balls.
We finish with stretching and yoga to relax the body and mind.*

Exercises can be modified for all fitness levels.

*Please wear comfortable clothing and bring a water bottle.
Classes are held in the Borough Hall building on the down-
stairs level.*



*Classes meet Tuesday and Thursday from 6:15-7:15.
Purchase a pre-paid session card at the Recreation Office.*

*10 classes for \$60
20 classes for \$100*

Sessions are good for one year from the purchase date.

*Please call the Recreation Department for more information:
732-542-3400, Extension 253.*

REGISTRATION FORM

NAME: _____ HOME PHONE: _____

ADDRESS: _____

TOWN: _____ ZIP: _____

WORK PHONE: _____

EMAIL ADDRESS: _____

MAKE CHECKS PAYABLE TO: BOROUGH OF TINTON FALLS

CHECK #: _____ AMT: _____ DEPOSIT DATE: _____

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. The Borough maintains a "Limited Form of Contract" accident insurance for sponsored programs which is intended to be only supplemental to your own personal health insurance. Participants in recreational activities sponsored by the Borough of Tinton Falls 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 Tinton Falls, 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. Refunds will not be issued once the programs begin. Refunds will be issued should a program be cancelled by the Recreation Department.

PRINT NAME: _____ SIGNATURE: _____

DATE: _____