

RWJ RAHWAY
 FITNESS & WELLNESS CENTER
 at
 CARTERET



Class	Day(s)	Time(s)	Age(s)	Location(s)	Description
Teen Cycle	Monday	5:00pm - 5:45pm	9 - 13	Cycle	A cycle class designed for teen cyclists. Jump, run and climb your way through a 45-minute cardiovascular workout on a stationary bike.
Sports Conditioning	Tuesday	5:30pm - 6:15pm	8 - 12	Cycle	A youth class designed especially with kids in mind. Speed, agility, coordination, strength and flexibility will put your child on the next level in whatever sport he/she plays.
Hip Hop Dance	Wednesday	5:15pm - 6:00pm	9 - 13	Studio 2	A fun and energetic dance class using the newest Hip Hop moves.
Princess Ballet	Wednesday	6:05pm - 6:50pm	3 - 5	SGT	This 45-minute class will teach your little prince/princess the fundamentals of ballet as well as listening skills, following directions and meeting new friends.
Bootcamp	Thursday	5:30pm - 6:15pm	8 - 12	Studio 2	A fun filled workout that builds cardio endurance and muscular strength through exercise and games.

Not a member? Not a problem!
We welcome non-members!

Register now! Fill out a form at the
 front desk or call us at

732.541.2333

Session starts week of January 11TH, 2016. Registration ends on January 10TH, 2016.

732.541.2333 | 60 Cooke Avenue | Carteret, NJ 07008 | rwjfitnesscarteret.com



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FITKIDS REGISTRATION FORM

PARTICIPANT INFORMATION

Child's Name:	Age:	Child's Name:	Age:
Child's Name:	Age:	Child's Name:	Age:

PARENT INFORMATION

Parent/Guardian (Print):		Email:	
Address:	City:	State:	Zip Code:
Cell Phone:	Home Phone:	Member(Y/N):	

EMERGENCY CONTACT

Name (Print):	Cell Phone:	Home Phone:
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CLASS SELECTION

<input type="checkbox"/> Princess Ballet	<input type="checkbox"/> Teen Cycle	<input type="checkbox"/> Boot Camp
<input type="checkbox"/> Hip Hop Dance	<input type="checkbox"/> Sports Conditioning	

PARENT/GUARDIAN SIGNATURE: _____

DATE: _____

PRICING

Members: \$80 Per Session (8 Weeks)	Non-Members: \$95 Per Session (8 Weeks)
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ALL SESSIONS MUST BE PAID IN FULL | SESSIONS ARE NOT REFUNDABLE | ADDITIONAL CHILDREN GET 10% OFF