

**Announcing 2 Exciting New Classes being held on
Thursdays at FRA in Red Bank beginning 10/17/19**

DANCE & FITNESS WITH JAY

This high energy dance class uses dance as the doorway to fitness.

Classes will provide an intense cardio workout with music mixes
& routines that will be increasingly fast paced to keep the
class moving!

You'll enjoy dancing your way to good health in a
supportive atmosphere.

Thursdays 4:30-5:30 pm

KICKBOXING & CALISTHENICS WITH JAY

Join us for this active exercise class in which we use a mix of
calisthenics, kickboxing and karate moves as a path to fitness.

Thursdays 5:45-6:45 pm

 ***Parents & Families* – These classes are for YOU & Everyone!
Be prepared to move and get fit!**

COST for EACH of the Above Classes is: \$120 for 8 sessions
Minimum of 8 participants needed

RSVP NOW to Alexa: 732-747-5310, ext. 116 or frontdesk@frainc.org