

BERGEN NEW JERSEY *County*

Bergen County Executive
James J. Tedesco III
and the

Board of Freeholder Commissioners

Cordially invite you to

GET FIT
Bergen

T'AI CHI CHIH

FREE FITNESS CLASSES

ALL-INCLUSIVE RECREATION PROGRAMS



Free classes sponsored by the Bergen County Departments of Health Services, Human Services and Parks and Recreation

EVERY MONDAY
SEPTEMBER 21 - OCTOBER 19, 2020
TIME: 5:15- 6:15 PM

SIGNED WAIVER REQUIRED • NO CLASS IF RAINING
MASKS REQUIRED • MAINTAIN SOCIAL DISTANCING

Registration is required: <https://getfitfall.eventbrite.com>

Saddle River County Park • Ridgewood Duck Pond Pavilion
1133 E. Ridgewood Ave, Ridgewood, NJ 07450

Special accommodations: Contact Marla Klein • 201-274-5094 • mklein@co.bergen.nj.us



James J. Tedesco III
Bergen County Executive

Board of Freeholder Commissioners

Mary J. Amoroso, *Chairwoman* • Dr. Joan M. Voss, *Vice Chairwoman* • Steven A. Tanelli, *Commissioner Chair Pro Tempore*
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