

BERGEN NEW JERSEY *County*

Bergen County Executive

James J. Tedesco III

and the

Board of Commissioners

Cordially invite you to

GET FIT *Bergen* TAI CHI

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

MAY 10 - JUNE 21, 2021 (no class 5/31)

TIME: 5:15- 6:15 PM

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

Registration is required: <https://bergen2021tc.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



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Board of Commissioners

Steven A. Tanelli, *Chairman* • Tracy S. Zur, *Vice Chairwoman* • Dr. Joan M. Voss, *Chair Pro Tempore*
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#1 in Home Personal Training®