



*Mayor Adrian O. Mapp
Plainfield City Council
Division of Parks and Recreation*



BMI **BODIES** **IN MOVEMENT**



Come Join The Movement!

Bodies in Movement is a high intensity functional fitness program designed to increase your strength, lose weight, improve cardio and flexibility for your life!

Bring a towel, mat, and water!

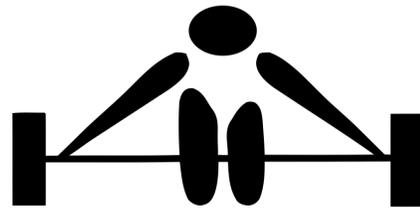
***Free Bootcamp every Saturday
starting July 9– August 27, 2016***

***Location: City Hall Plaza
515 Watchung Avenue, Plainfield, NJ***

Two classes available!

Adults: 8am- 9am

Teens: 9am– 10am



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Quincy Corker (908) 821-7205

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