

FRANKLIN LAKES
COMMUNITY CENTER

— a Proud Partner of —
WYCKOFF FAMILY YMCA

JOIN THE CLUB & GET MOVING!

8 week Programs: Beginning Week of Nov. 14

Age: Pre-Teen & Teen

TEEN YOGA

Ages 10-14

Thu. 5:45-6:30pm

Full Member: Free

Basic Member: \$45



TEEN ZUMBA

Ages 10-14

Mon. 4-4:45pm

Full Member: Free

Basic Member: \$45

FITNESS FOUNDATION

Ages 11-12

Set a Foundation for Fitness with proper form, technique, and etiquette on the cardio and circuit equipment; a great intro to the Fitness Center.

Sun. 1-2pm / Wed. 4-5pm

Full Member: \$45 / Basic Member: \$55

Limited space (6 participants)



8 week Program: Beginning Week of Nov. 14 - Jan. 14

Age: Pre-Teen & Teen

SPEED AND STRENGTH

Ages 13-15

Increase overall strength and improve speed and agility in the young athlete. Sessions take place in FLCC weight room and Pulis Turf Field.

Mon. 5:30-6:30pm

Full Member: \$40 / Basic Member: \$50

Limited space (8 participants)



Call us at 201.904.2112 for More Information!

