

**FRANKLIN LAKES
COMMUNITY CENTER**
— a Proud Partner of —
WYCKOFF FAMILY YMCA



FRANKLIN LAKES
**Living Healthy
Mayors Wellness
CAMPAIGN**

APRIL 24 - JUNE 2, 2017
6 Week "Living Healthy Challenge"
Commit to Wellness

Spring is here! It is time to start living a more active and healthy lifestyle!
Let us help you find inspiration to start meeting your health and fitness goals and to better understand what the Franklin Lakes Community Center has to offer.

REGISTRATION NOW OPEN!

Enjoy weekly gatherings, walks, hikes and events throughout the Challenge.
Registration is \$25 and is due by April 17.
Register at www.FranklinLakes.org



More information Email:
DRobinson@FranklinLakes.org



**Community Health
Improvement Partnership**
OF BERGEN COUNTY



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The Franklin Lakes Mayors Wellness Campaign and the Franklin Lakes Community Center invite Residents to participate in the

6 Week “Living Healthy Challenge”
APRIL 24 – JUNE 2, 2017

Commit to Wellness: KICK OFF!

KICK OFF! – Wed., APRIL 26 at 6:30pm on the Turf behind the FLCC

Rain Location: Ambulance Corps. Building. Participants must be 15 years and older.

More than 30 Classes to choose from each week!

Access to the FLCC Fitness Center Hours:

Mon. – Fri. 12 – 3pm

Mon. – Thu. 7 – 9pm

Sun. 2 – 4pm

Fitness Center – Walk through Orientations:

Thu. APRIL 27 & Tue. MAY 2 from 12 – 1pm & 7 – 8pm

Opportunity to purchase one-on-one Personal Training Packages at a DISCOUNTED RATE!

More information Email:

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Franklin Lakes Community Center

1 Vichiconti Way, Franklin Lakes, NJ 07417

201.904.2112



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Commit to Wellness:
PERSONAL TRAINING PACKAGE

3 SESSIONS - ½ hr. \$99

3 SESSIONS - 1 hr. \$149

Sessions must be completed by June 2, 2017

More information Email:

RonD@wyckoffymca.org

Franklin Lakes Community Center

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