

# **"TAEBO"**

## **Video Exercise Class**

**When:**

**Mondays,  
Wednesdays,  
Fridays**

**Time: 0700-0800**

**Where: at the Physical Fitness Center**

**Great, new opportunity to lose few  
pounds, without loosing your cash.**

**All Fitness levels are welcome.**

**Join us now !**

**No fee required!**



**For more information,  
please call 732-532-3275  
or stop by the Physical Fitness Center**