

2019 Fitness Class Schedule

Zumba

Mondays @ 4:30pm

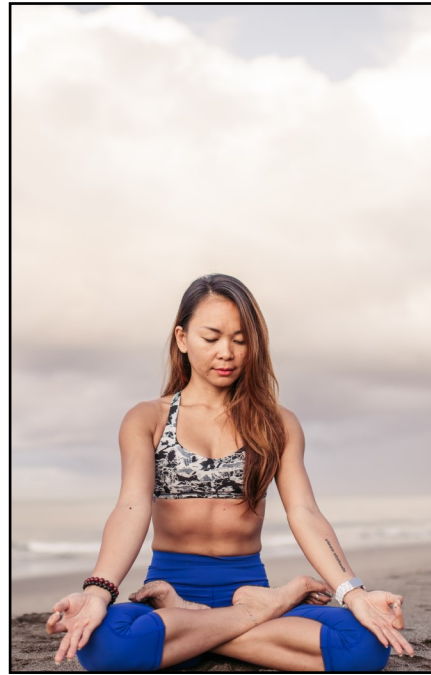
**Location: Administration Building
1515 Stelton Road**



Yoga

Tuesdays @ 4:30pm

**Location: Martin Luther King
School
5205 Ludlow Street**



Strength Training

Wednesdays @ 4:30pm

**Location: Quibbletown
Middle School
99 Academy Street**



All classes scheduled to begin in September 2019 at no charge!

**Brought to all employees of the Piscataway School
District by the Wellness Committee →**

