City of Burlington Adult Education Presents
GET FIT – CHOOSE WHAT FITS YOU!!
Fitness – Afternoon / Night Classes
AE FALL/WINTER/SPRING Course Offerings
SPRING-FALL 2020 DATES to BEGIN!

YOGA
Combines physical poses and breathing techniques to achieve physical & mental well-being.
Reduces stress, improves strength, balance and flexibility.
**MONDAYS - 3:30 - 4:30 PM - 10 weeks – STARTS MONDAYS in MARCH**
Keegan Center 522 Wood St., Burlington, NJ - FEE: $80.00

**MONDAYS – WINTER-SPRING – NOW through JUNE.**
R & B LINE DANCE
YOU CAN START NOW!! YOU CAN JOIN ANY TIME!
10 weeks - 7:00 - 9:00 PM - FEE: $60.00 or PAY AS YOU GO $6.00 PER CLASS
Wilbur Watts Cafeteria
Come join in the fun of “R & B-Soul Line Dancing”. Class offers something for everyone.
You will learn line dances that you can enjoy at any party, some of your favorites. Come enjoy
a little exercise with the fun of music. Come with a few friends and enjoy a night out!

BODY TONING  2020-WINTER-SPRING SESSIONS
This 60-minute workout is putting a new spin on Fitness Training. – 10 weeks - FEE: $80.00
**WEDNESDAYS - 7:00 - 8:00 PM**
Doane Academy Weight Room & Gym
JUST STARTING! JOIN NOW!

MAIL: City of Burlington Adult Education Program,
Capt. James Lawrence School, 316 Barclay St, Burlington, NJ 08016
**OR FOR FASTER REGISTRATION: E-MAIL: bbaird@burlington-nj.net**
MAKE CHECK PAYABLE TO CITY of BURLINGTON BOE.
PHONE: 609 230 5601  See our website for specific dates & times:www.burlington-nj.net -
Click on Departments, then Adult Education