



Come join us for fun and fitness with Allison!

Come and try a free class on us!

We know you will love it, so contact Janet and let her know when you would like to come!

We're pleased to welcome
Allison of GYMGUYZ as the new instructor of the JCCP/CBT exercise class in Paramus. If you are interested in joining us, please contact Janet by phone or email.

**Class meets Mon., Wed., Fri.,
from 10:15 - 11:15 a.m.**

Feel free to join us once, twice or all three times a week.

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