



**Get Active
America!**



"Expanding Wellness, Extending Life"

Take Back Your Health

The Atlantic Club is **OPENING ITS DOORS** to young children, teens & adults to

GET ACTIVE!

during National "Get Active America" Week

Join us **FREE OF CHARGE** - May 3rd to the 9th

*The Atlantic Club - Red Bank is hosting the following
FREE EVENTS to support "Get Active America" -*

All events require pre-registration, call today to reserve your spot! (732) 219-5333

MONDAY, MAY 3rd
TRX Training

9:00am-10:00am • Ages 18+

FRIDAY, MAY 7TH
Kids Yoga

4:00pm-4:45pm • Ages 6+

SATURDAY, MAY 8TH
Zumba Party

11:15am-12:15pm • Ages 18+

Also experience any of our 75+
Group Exercise classes on our
regular schedule!

SATURDAY, MAY 8TH
Zumba Kids

12:15pm-1:00pm • Ages 7+

SATURDAY, MAY 8TH
Intro to The Ride

12:15pm-1:00pm • Ages 18+

732.219.5333

325 Maple Avenue • Red Bank, NJ 07701 • www.theatlanticclub.com