

# COMMUNITY WORKOUT WITH THE BTPD



Join us for free group workouts with our Officers. All are welcome even if you are new to working out or getting in shape as we seek to promote a healthy lifestyle for our Officers and Residents.

**Monday Nights: October 7, 14, 21, 28.**

**6:30pm-7:30pm at Bordentown Regional Middle School**

**FREE Adults & Children 13 years or older  
(Children must be Age 13 + to participate)**

**Please bring athletic shoes, water and mat/Yoga.**

**NO BACKPACKS**



**Limited spots available. Please  
contact Ptl. Edwards at  
609-298-0025 ext. 1222 or email  
aedwards@bordentown.k12.nj.us**