



BERGEN

Oradell's Wellness Campaign Introduces Body Back ®

Sunday—May 6th & June 3rd

9:00 am

Upstairs Multi Purpose Room

Please wear sneakers, bring a mat or towel & plenty of water

Oradell Residents & Employees only 18+ years



Body Back® is a 60-minute, results-based workout designed to help you reach your full physical potential and reconnect to your inner strength. Our high-intensity interval training (HIIT) cycles through cardio, strength, and core work and concludes with a relaxing meditation to help you recharge and head back to your family. Improve your health, fitness, and physical strength while experiencing a personal transformation.