

RWJ RAHWAY
FITNESS & WELLNESS CENTER
at
CARTERET



Enjoy a **FREE** day
of access to our
state-of-the-art
Fitness Center!

Experience all our
Center has to offer with
a free day of fitness.

Enjoy health screenings,
wellness information,
Group Fitness classes, and
a complimentary InBody
Assessment. Entertain
the kids and indulge in
self-care stations, *and more!*

***Don't miss this
fun celebration!***

RWJ Rahway Fitness & Wellness
Center at Carteret

60 Cooke Avenue
Carteret, NJ 07008
732.541.2333

RWJFitnessCarteret.com



SUMMER BASH FITNESS Festival

EVENT SCHEDULE

SATURDAY, JUNE 6 | 9:00AM-1:00PM

ALL-DAY ACTIVITIES

9:00am-1:00pm	Health Screenings and Wellness Information <i>Provided by Robert Wood Johnson Rahway</i>		Fitness Floor
9:00am-1:00pm	InBody Screenings		Fitness Floor
9:00am-1:00pm	Plush Puppy Adoption		Outside

TIME	EVENT		LOCATION
9:00am-10:00am	Les Mills™ Fusion with the Les Mills Rockstars		Studio 1
9:00am-10:00am	AquaFIT		Lap Pool
9:00am-11:00am	Chair Massages & Stretching		The Recovery Nook
9:30am-9:50am	ZUMBA® Dance Party		Outside
9:30am-10:00am	Lifter's Guide: Squat		Fitness Floor
10:00am-10:20am	Les Mills BODYCOMBAT™		Outside
10:00am-10:30am	Urban Pilates: Classic Reformer <i>Email aliciap@fitnessandwellness.org to reserve your spot.</i>		Studio 2
10:00am-10:30am	Princess Tiana Meet & Greet		Lobby
10:00am-11:00am	Rebel Ride		Cycle Studio
10:00am-11:00am	ZUMBA® with the ZUMBA All Stars		Studio 1
10:00am-12:00pm	Aqua Adventures: Mermaids & Mateys 30 Min. Sessions <i>Email britneym@fitnessandwellness.org to reserve your spot. Ages 5 & up. Must be able to swim and float.</i>		Aquatics Center
10:00am-12:00pm	Swim Lesson Demos 30 Min. Sessions <i>Email britneym@fitnessandwellness.org to reserve your spot. Ages 4 & up.</i>		Aquatics Center
10:00am-12:00pm	Face Painting		Outside
10:30am-10:50am	Bellydance		Outside
10:30am-11:00am	Princess Tiana Story Time and Sing-a-long		Childcare
10:30am-11:00am	Power Plate Demo		Fitness Floor
10:30am-11:00am	Urban Pilates: Mat & Pilates Reformer Fusion <i>Email aliciap@fitnessandwellness.org to reserve your spot.</i>		Studio 2
11:00am-11:20am	Woodbridge Dance School Performance		Outside
11:00am-11:30am	Urban Pilates: Sculpt Reformer <i>Email aliciap@fitnessandwellness.org to reserve your spot.</i>		Studio 2
11:00am-12:00pm	Yin Yoga		Studio 1
11:30am-11:50am	Family ZUMBA® All Ages..		Outside
11:30am-12:00pm	Urban Pilates: Restorative Reformer <i>Email aliciap@fitnessandwellness.org to reserve your spot.</i>		Studio 2
12:00pm-12:20pm	Family Afro Dance Fusion		Outside
12:00pm-12:30pm	Urban Pilates: Apparatus Circuit <i>Email aliciap@fitnessandwellness.org to reserve your spot.</i>		Studio 2

*Schedule may be subject to change. In the event of rain, the outdoor classes will be modified into shorter pop-up sessions held on the fitness floor.

Kid-friendly

Station

Get social with us! Follow us and post using #RWJRCarteretFitFest

/RWJRahwayFitnessWellnessCenteratCarteret @RWJFitandWell @RWJFWCarteret

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