

Radnor Township
Parks & Recreation Department

AND

MOJO FITNESS
Music moves you.

ARE PROUD TO OFFER A TOTAL BODY, CARDIO, AND STRENGTHENING WORKOUT!

MOJO FITNESS CLASS

THURSDAY, MAY 18, 2023

RAIN DATE: 5/25/23

6:00 PM - 7:00 PM

**Clem Macrone Park -
810 Conestoga Road, Bryn Mawr**

***Please meet at the bandshell in the park.**

Join us for "HIIT Hop At The Park" with Mojo Fitness, voted Main Line Today's "Best Fitness Class 2022". Burn fat, build muscle, de-stress and Jam-it-OUT to energizing tunes using high intensity interval training methods. All exercise levels and rhythms welcome. Music and moves are family friendly. No equipment necessary!



**Pre-register for this FREE program
at www.radnorrecreation.com**

Please visit www.mojofitness.biz to learn more about the different programs offered such as LIVE, LIVEstream, and On Demand Classes!

Important Health and Safety Protocols: All details are subject to change. In the event of unforeseen situations such as those imposed by inclement weather or health and safety issues, cancellations may occur. We will make every attempt to reschedule if possible.