

2021-2022

ADULT FULL BODY FITNESS

Available at our Fair Lawn location only

Buy 1 get
50% OFF

The second class
Call front office
for details

REGISTER ONLINE @ SUPERDOMESPORTS.COM

This class targets your full body for a complete strengthening and calorie-burning workout! Meets 1x/week for 8 weeks.

Cost: \$299 per 8 week session

- **Full Body Fitness:** Includes strength and cardio regiments using equipment such as resistance bands, dumbbells, barbells, as well as other resistance equipment to target all muscle groups in one workout.
- **Lower Body & Core:** Builds stability, targeting the legs, glutes and core to provide better posture, healthy knees, while getting a great calorie burn.
- **All Around HIIT:** High Intensity Training targeting 500 or more calories burned!
- **Upper Body Grind:** Blast your upper body and core with a combination of weight-free and weight training equipment for dynamic upper body movements to help build and sculpt our upper body and core.
- **HIIT Boxing:** A combination of strength training, stamina, core conditioning, and boxing moves performed in a high intensity workout.

DATES

Fall I

Monday, Sept 6th – Saturday, Oct 30th

Fall II

Monday, Nov 1st – Saturday, December 25th

Winter I

Monday, Jan 3rd – Saturday, Feb 26th

Winter II

Monday, Feb 28th – Saturday, April 23rd

Spring I

Monday, April 25th – Saturday, June 18th

DAYS & TIMES

Mondays or Wednesdays

5am, 6am, 7am or 7pm

Tuesdays or Thursdays

6pm

Fridays

5am, 6am or 7am

Saturdays

8am or 9am



21-05 Morlot Ave
Fair Lawn, NJ

(201) 796-8000
info@superdomesports.com
www.superdomesports.com

2021-2022

ADULT FULL BODY FITNESS

REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Email Address _____ Home Phone _____ Cell Phone _____

Participant's Name _____	<input type="checkbox"/> Fall I	<input type="checkbox"/> Fall II	<input type="checkbox"/> Winter I	<input type="checkbox"/> Winter II	<input type="checkbox"/> Spring I
<input type="checkbox"/> Mondays at 5am	<input type="checkbox"/> Tuesdays at 6pm	<input type="checkbox"/> Wed at 5am	<input type="checkbox"/> Thursdays at 6pm	<input type="checkbox"/> Fridays at 5am	<input type="checkbox"/> Saturdays at 8am
<input type="checkbox"/> Mondays at 6am		<input type="checkbox"/> Wed at 6am		<input type="checkbox"/> Fridays at 6am	<input type="checkbox"/> Saturdays at 9am
<input type="checkbox"/> Mondays at 7am		<input type="checkbox"/> Wed at 7am		<input type="checkbox"/> Fridays at 7am	
<input type="checkbox"/> Mondays at 7pm		<input type="checkbox"/> Wed at 7pm			
					FEE: _____

Participant's Name _____	<input type="checkbox"/> Fall I	<input type="checkbox"/> Fall II	<input type="checkbox"/> Winter I	<input type="checkbox"/> Winter II	<input type="checkbox"/> Spring I
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<input type="checkbox"/> Mondays at 7pm		<input type="checkbox"/> Wed at 7pm			
					FEE: _____

TOTAL: _____

- Credit Card Check Cash
 Mastercard Visa American Express Discover

Card Number: _____ Expiration Date _____ Security Code _____

Billing Address _____ Zip _____

Cardholder Name _____ Cardholder Signature _____

Make checks payable to "Superdome Sports" and mail to:
 21-05 Morlot Ave.
 Fair Lawn, NJ 07410

Each player must submit a completed online waiver prior to play. Available at superdomesports.com/waivers



Superdome Waldwick: 134 Hopper Ave., Waldwick, NJ 07463 | Ph: (201) 444-7660
Superdome Fair Lawn: 21-05 Morlot Ave., Fair Lawn, NJ 07410 | Ph: (201) 796-8000
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