

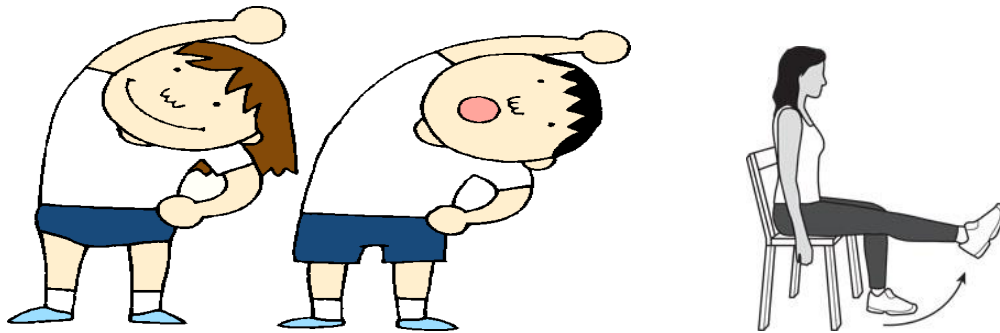
Cliffside Park Senior Activity Center  
500 Gorge Road, Cliffside Park, NJ 07010  
201-943-3768 [lperez@cp-ha.org](mailto:lperez@cp-ha.org)

*Presents ATR's Get Fit*

*Making Getting Fit at  
Home Fun!  
Learn, Strengthen & Stretch*

***Join us on Zoom: ID # 6431211363  
Password: 1111***

**Wednesdays & Fridays @ 11:00am**



Visit Cliffside Park Senior Activity on Facebook or on  
Instagram: cliffsidepark\_seniorcenter

*Program funded in part my by Bergen County Senior Services and available at no cost*