



Free Event

SAVE THE DATE

**JOIN US WITH
POUNDFIT OF
BRICK**

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

**LEARN ABOUT RESOURCES AVAILABLE
TO YOU IN OCEAN COUNTY.**

**BRICK PIONEER FIRE HOUSE
312 DRUM POINT ROAD BRICK, NJ 08723
WEDNESDAY, APRIL 17, 2019 AT 6:30PM**



THIS CLASS IS PARTIALLY SUPPORTED WITH GRANT FUNDING FROM THE STATE OF NEW JERSEY VIA THE SEXUAL ASSAULT, ABUSE AND RAPE CARE STATE ALLOCATION ADMINISTERED BY DEPARTMENT OF CHILDREN AND FAMILIES, DIVISION ON WOMEN AND BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION GRANT FUNDS, ADMINISTERED BY THE DEPARTMENT OF CHILDREN AND FAMILIES, DIVISION ON WOMEN.