

Information Sheet

When you attend an activity is up to you to either get a receipt or proof of attendance from the facility, or get your card punch (if applicable) at the specific activity. Most events, except for the track walks, will require a receipt.

For schedule of fitness classes please visit facilities website for days/times:

- ⇒ The Senior Center is located at 530 Newark-Pompton Turnpike in Pompton Plains
- ⇒ **Spa 23** is located at 381 Route 23 South in Pompton Plains. Phone: 973-839-8823
Website: Group classes—<http://spa23.com/classes-cat/group/> [monthly schedule can be downloaded]
Yoga—<http://spa23.com/beyoga/>
- ⇒ **New York Sports Club** is located at 1481 Rt. 23 in Butler. Phone: 973-838-1140
Website: <https://www.newyorksportsclubs.com/clubs/butler>
- ⇒ **Highland Yoga** is located at 1572 Rt. 23 in Butler. Phone: 973-838-9642
Website: <https://www.newyorksportsclubs.com/clubs/butler> [Class Schedule is posted online]
- ⇒ Simply Be Yoga is located at 574 Turnpike in Pompton Plains. Phone: 973-616-4415
Website: <http://simplybeyoganj.net/> [Class Schedule is posted online]
- ⇒ **Advanced Fitness & Wellness** is located at 18 Newark Pompton Turnpike in Riverdale. Phone: 973-530-4300
Website: <https://www.advancedfitnessandwellness.com/> [Class Schedule is posted online]
- ⇒ **CKO Kick Boxing** is located at 6 Riverside in Bloomingdale. Phone: (973) 245-9671
Website: <http://www.ckobloomingdale.com/>
- ⇒ **All Star Taekwondo & Fitness** is located at 38 Hamburg Turnpike in Riverdale. Phone: (973) 839-4444
Website: <http://allstartkdfitness.com/> [Class Schedule is posted online]
- ⇒ **Pequannock High School Track** is located at 85 Sunset Road & West Parkway Road (across from Chilton)
- ⇒ **Kinnelon High School Track** is located at 121 Kinnelon Road
- ⇒ **Riverdale Farmers Market** is located at 211 Hamburg Turnpike in Riverdale