

JOIN US

EVERY  
THURSDAY

STRETCH WITH THE MAYOR

7:30 AM -  
8:00 AM

FREE FOR ALL

STARTS NOVEMBER 10, 2016

Come join us for early morning stretch with the Mayor of Highland Park for a great start to your day.

REGISTER NOW

[KINETICSNJ.COM](http://KINETICSNJ.COM)

KINETICS FLOW

732-317-8931

[INFO@KINETICSNJ.COM](mailto:INFO@KINETICSNJ.COM)

409 RARITAN AVE., HIGHLAND PARK, NJ 08904

SHOP IT.

WALK IT.

HIGH  
LAND  
PARK

LIVE IT.

PARK IT!



Kinetics Flow  
HOT YOGA AND AERIAL FITNESS