



Home / "Fitness Fun" in Van Horne Park – MFOS First Sunday Program Nov. 2nd



# “Fitness Fun” in Van Horne Park – MFOS First Sunday Program Nov. 2nd



November 2, 2014, 10 AM

**Sign up for E-Bulletins**

GO

Van Horne Park, Rocky Hill, NJ 08553

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Enter at Benjamin Blvd & Rte 206, south of Rte 518 (behind the Burger King and the Princeton Wellness and Fitness Center)

**or text**

**INMONTGOMERYNJ**

**to 22828**

Godelieve Babey, Leader

Stay fit and healthy with simple techniques usable anywhere, anytime. Montgomery Friends of Open Space is sponsoring a fitness walk on Sunday, November 2, at Van Horne Park in Rocky Hill. Godelieve Babey, owner of Be Fit Anywhere in Hillsborough, will lead the walk. Inclement weather cancels the event. Wear fitness footwear and clothing. To get there, enter at Benjamin Blvd & Rte 206, south of Rte 518 (by Princeton Wellness and Burger King). Follow Benjamin Blvd to the back of Research Park to the Van Horne Park parking lot.

Godelive Babey founded Be Fit Anywhere in 2007 as part of a mission to help people achieve their exercise goals by providing quality personal training and fitness services to those who prefer to exercise in a non-gym environment.

Source: Montgomery Friends of Open Space

Date: 10/24/14