

Fitness 50/50

Fall 2017—Session II

The first 1/2 hour of our new 50/50 workout program will start with resistance exercises to build muscle and improve strength, followed by a 1/2 hour “Cardio Jam” that will burn away the fat so that those strong, lean muscles will shine through.

Who: Monroe Residents—High School Students & Adults

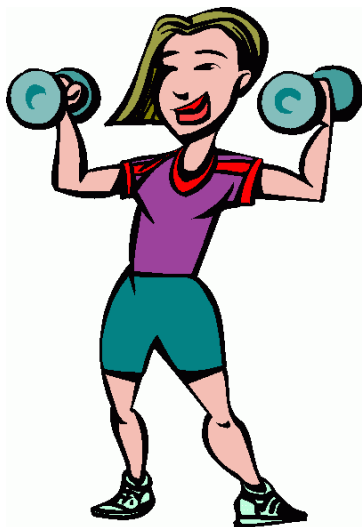
Where: Monroe Township Community Center

When: Wednesdays
October 25
November 1, 8, 15, 29
December 6, 13, 20

Time: 7:00pm—8:00pm

Fee: \$45 - Make check payable to: Monroe Recreation

Registration can be done online at register.communitypass.net/monroetownship—All checks or money orders must be mailed or dropped off to the Community Center no later than 2 weeks prior to start of program: 120 Monmouth Road, Monroe Township, NJ 08831



Instructor: Debbie Edelman

Register online at
register.communitypass.net/monroetownship

or at the
Monroe Township Community Center.
Open 7 days a week, 8:00am-9:00pm

Any questions, please contact: Monroe Rec. Center 732-723-5000

***Photo Policy**—By registering you/your child you give permission for photos to be taken that may be used by the township or invited media. If you do not wish you/your child to be included in such photographs, you must submit this request in writing with your registration.*