

FULL BODY BLAST

Summer 2020—Session 1

Full Body Blast is an equipment-free higher intensity workout aimed at building muscle strength using body weight. This workout targets all areas of the body including legs, arms and abs while also promoting cardiovascular health.

Instructor—Danielle Shaffery

Who: Adults

Where: Monroe Township Veteran's Park—under the pavilion
61 Avenue K
Monroe Township, NJ 08831

When: Saturdays
September 12, 19, 26
October 3

Time: 7:30am—8:30am



Fee: \$32 - Make check payable to: Danielle Shaffery

Registration can be done online at register.communitypass.net/monroetownship

All checks or money orders must be dropped off to Danielle Shaffery on the first day of the class, at Veteran's Park.

**** The Recreation Department will be enforcing strict social distancing guidelines. Registrants MUST remain at least 6 feet apart and bring their own weights, mats, and towels to class. The Recreation Department will not provide any equipment. Thank you! ****

Registration will be accepted online ONLY at

register.communitypass.net/monroetownship

AND BRING CHECKS TO THE FIRST CLASS!

PLEASE NOTE: payment will NOT be accepted at the Rec Center, as our building is still closed to the public.



@Shaff_Fit

****Attendees should bring towel and/ or mat. Some exercises are done laying down or with hands placed on the ground****

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.