

TOWNSHIP OF MONROE

Recreation Department

(732) 723-5000

www.monroerec.com



Mayor Gerald W. Tamburro

Superintendent of Recreation—Mary Lange

Recreation Advisory Board Chairman --Joe Isola

JANUARY 2017 NEWSLETTER

NEW YEAR, NEW FITNESS CLASSES

We will be introducing new fitness classes for the start of the New Year. A great way to kick start any New Year Resolutions. All classes run for an 8 week session.

SEIZE THE DAY FITNESS—This class will be taught by one of our new instructors, ACE Certified Personal Trainer, Bernard Mitchell. Seize the Day Fitness is a functional fitness class that aims to strengthen the major muscle groups utilized in daily activity. We accomplish this goal through a low impact, muscle specific training regimen, in a group setting. Class will take place on Monday and Thursday mornings. Wake up and seize the day.

FITNESS 50/50—Join instructor Debbie Edelman on Wednesday nights for her new class. The first half hour of the class will be dedicated to resistance exercises to build muscle and improve strength. The second half will be "Cardio Jam" that will burn away fat so those strong, lean muscles will shine through.

ZUMBA TONING—An updated Zumba class that fuses body-sculpting with high-energy cardio work. With Zumba sticks or light weight dumbbells, you will work every muscle group while you groove. Class will be instructed by Nilda Leman on Friday mornings

YOUTH YOGA—This yoga curriculum explores ways for pre-teens and teens to cope with stress through a healthy practice that will improve focus, develop flexibility in mind and body through postures, increase core strength, build self-esteem and improve body image. The classes, designed for pre-teens and teens 12-18 years old, provide youth with the opportunity to foster the aforementioned skills at a time when they are beginning to make important lifestyle choices. Instructor Ana Lanfranchi will be teaching this class on Thursday afternoons.

KICKBOX & TONE—Our new kickbox workout taught by Celeste Deger includes boxing moves to get your heart pumping and toning exercises to burn calories and build lean muscle. Class is held on Tuesday evenings.

These are in addition to our long standing list of classes including:

MONDAY/THURSDAY AEROBICS—Low impact aerobics class to increase cardiovascular endurance is led by Debbie Edelman. Class is held on Monday and Thursday evenings and you can choose to do both or only register for one of the nights.

ULTIMATE FITNESS—Join instructor Andy Stern and challenge yourself on Monday and Thursday nights with this innovative ultimate workout routine. One night you will have a minute to win it as you push your body for 60 second intervals. The other will focus on building lean muscle and improving your total physique.

ADULT YOGA—The goal of yoga is to reach complete peacefulness in body and mind. This multi-level yoga class is offered by Certified Yoga Instructor, Allen (Mukti Om) Sykes, on Sunday mornings.

CORE CONDITIONING—A core conditioning class consisting of exercises that strengthen and tone the upper and lower body muscle groups. It's a functional workout that improves balance, athletic performance and reduces back pain. Taught by Celeste Deger.

CARDIO TONE—Nilda Leman will lead this class focused on cardio intervals and toning exercises to burn calories and build lean muscle. Class meets on Saturday mornings.

The Fitness Center is open 7 days a week 8am-9pm. This is included in the \$10 annual Recreation Membership. Orientation is required before use. Call (732)723-5000 or go to our website for more information about our fitness offerings.

COMMUNITY GARDEN

Applications for 2017 plots are now open online at www.monroetwpcommunitygarden.com in the documents section. Enter your application ASAP as plots do fill quickly.

COMMUNITY PASS ONLINE REGISTRATION

Community Pass is a convenient way for our residents to register for their Community Center Membership and classes. This new system has been in place since late April 2016 and made registering for Summer Camps, Membership, and our Seasonal Programs available online. Additionally, most of these programs are also payable by credit card. Go to Community Pass at register.communitypass.net/monroetownship today.

SPRING TRACK

Track will be running March 20th through May 22nd on Monday nights. This program for grades K—8, is designed to build an appreciation and base skills for Track and Field. Registration will open beginning early February on Community Pass.

BASEBALL CLINIC

Sunday mornings, January 8th—January 29th. There will be 2 sessions 9am—10:30am or 10:30am—12noon. Children ages 8—12 years old are welcome to attend. Price is \$80.00 and registration can be done at the Monroe Township Community Center.

SPRING SPORTS REGISTRATION

MTBA online registration is open for the Spring Season. Go to www.monroebaseball.com for registration and more info.

MTGSA online registration is open for the Spring Season. Go to www.monroesoftball.net for registration and more info.

SENIOR LUNCH & LEARN

The next scheduled Senior Lunch & Learn will be on Monday, January 9th at 11:00am. The topic for this meeting will be ***Maintaining Good Health Through Exercise***. Please register in advance by January 7th on Community Pass or at the Community Center. Call Jay Brown at (732) 723-5000 for more information.

WINTER YOUTH PROGRAMS

Registration for Winter Children's Programs are available on Community Pass. Classes include:

***Apprentice/Junior Engineering
Bricks 4 Kidz***

***Hip-Hop Gymnastics & Twirling
Karate/Martial Arts***

***Children's' Theater Workshop
Youth Yoga***

More information, including schedules, fees, and class descriptions, can be found at www.monroerec.com

Make sure to register in advance. Classes with low enrollment numbers prior to beginning of program may be cancelled.

OPEN GYM TIMES

Men's Basketball Open Gym, Sundays 8am-10am.

Pickle-Ball and Table Tennis Open Gym, Monday-Friday 8am—1pm

We typically have open gym Monday—Friday 2:00pm—5:00pm. These hours may be extended based on availability. Call 732-723-5000 for [daily open gym times](http://www.monroerec.com) especially on the weekend as hours vary due to scheduled activities. These open gym hours are for residents only. \$10.00 Annual Community Center Membership is required.

For more information about our programs call 732-723-5000 or go to www.monroerec.com