

Low Impact Aerobics



Monday's

Winter 2018—Session I



LOW IMPACT AEROBICS TO INCREASE CARDIOVASCULAR ENDURANCE.
BASIC MOVEMENTS TO HELP YOU GET INTO GOOD PHYSICAL CONDITION.

Who: Monroe Residents
High School Students & Adults

Where: Monroe Community Center
120 Monmouth Road

When: Mondays
Jan. 15, 22, 29 Feb. 5, 12, 19, 26 March 5

Time: 7:00pm-8:00pm

Fee: \$40

Registration can be done online at register.communitypass.net/monroetownship
In person registration can be done at the Community Center by Check or
Money Order made payable to: Monroe Recreation



Instructor: Nilda Leman



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.