

Low Impact Aerobics



Thursdays

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 Township Community Center

When: Thursdays
Feb. 1, 8, 15, 22 March 1, 15, 22, 29

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: Celeste Deger



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.