

Lower Body Blast

Summer 2020—Session I

This class primarily targets the strengthening and building of the glutes as well as sculpt the legs using a higher-intensity combination of dumbbell exercises and body weight. The class will also touch on building core strength by mixing in a few ab exercises to break things up.

Instructor—Danielle Shaffery

Who: Adults

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

When: Wednesdays
September 9, 16, 23, 30

Time: 6:30pm—7:30pm

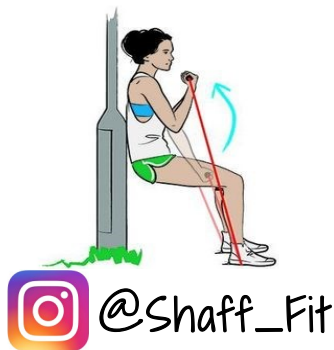
Fee: \$32 - Make check payable to: Danielle Shaffery

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! ****



 @Shaff_Fit

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.**

****Attendees should bring towel, mat, and light (5-15 lb) weights. Higher weight dumbbells are not advised. 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.