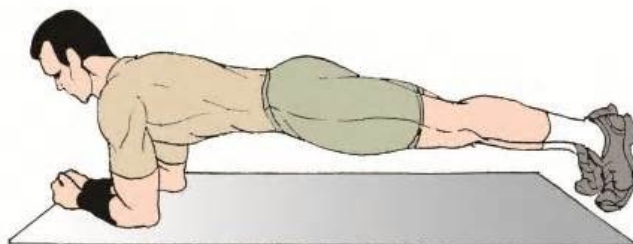


Saturday Core Conditioning

Fall 2017/18—Session II

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. It helps you in your everyday life.



Who: Monroe Residents—High School Students and Adults

Where: Monroe Township Community Center

When: Saturdays
Nov. 11, 18 Dec. 2, 9, 16, 23, 30 Jan. 6

Time: 8:30am—9:30am

Fee: \$45

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.