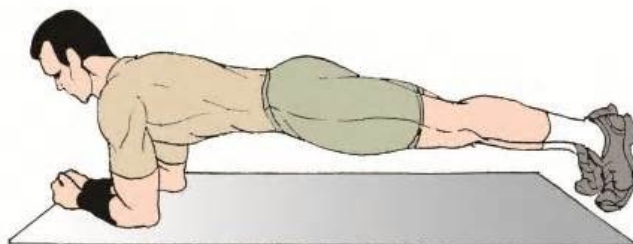


# Saturday Core Conditioning

## Winter 2018—Session I

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

Jan. 13, 20, 27      Feb. 3, 10, 17, 24      Mar. 3

Time: 8:30am—9:30am

Fee: \$45

Registration can be done online at [register.communitypass.net/monroetownship](http://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](http://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.