

# SATURDAY CARDIO and TONE

**Fall 2017/18—Session II**

*OUR NEW CARDIO SCULPT WORKOUT INCLUDES CARDIO INTERVALS AND TONING EXERCISES TO BURN CALORIES AND BUILD LEAN MUSCLE.*

**Who:** Monroe Residents—High School Students & Adults

**Where:** Monroe Township Community Center

**When:** Saturdays  
Dec. 2, 9, 16, 23, 30      Jan. 6, 13, 20

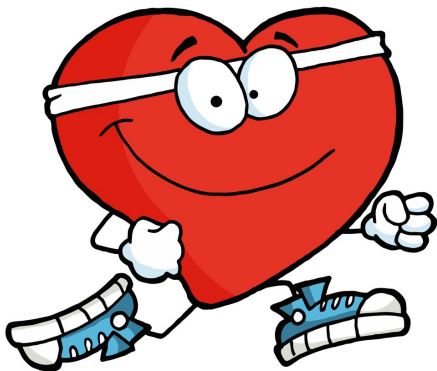
**Time:** 9:30am—10:30am

**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: Nilda Leman**



**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.*