

SATURDAY CARDIO and TONE

Spring 2018—Session I

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
March 24 April 7, 14, 21, 28 May 5, 12, 19

Time: 9:30am—10:30am

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: Nilda Leman



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.