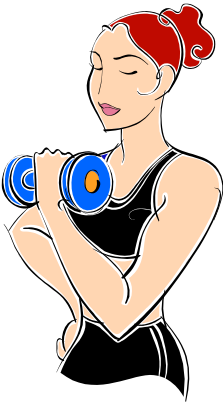


# Seize the Day Fitness

**SPRING 2018—Session I**

**GROUP PERSONAL TRAINING CLASS**

**By ACE Certified Personal Trainer Bernie Mitchell**



*From the moment we awaken, we have two choices. We can either coast through the day or we can **SEIZE IT!** Seize the Day Fitness is a functional fitness class that aims to strengthen the major muscle groups utilized in daily activity. We accomplish this goal through a low impact, muscle specific training regimen, in a group setting. Join us Monday and Thursday mornings and be part of the only fitness class that **SEIZES THE DAY!***

**Who:** Monroe Residents—18 years old & over

**Where:** Monroe Township Community Center

**When:** Mondays & Thursdays  
March 19, 22, 26, 29  
April 2, 5, 9, 12, 16, 19, 23, 26, 30  
May 3, 7, 10



**Time:** 9:30am—10:30am

**Fee:** \$80 - Make check payable to: Bernard Mitchell  
*Registration can be done online at [register.communitypass.net/monroetownship](http://register.communitypass.net/monroetownship) or  
In person registration can be done at the Community Center by Check or Money Order*

**\*\*\*BRING YOUR OWN MATS!!!!\*\*\***



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 call Bernard Mitchell at 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.