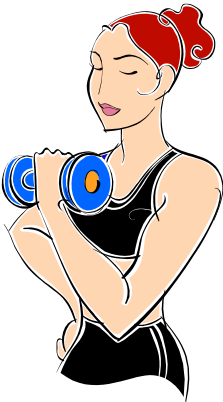


Seize the Day Fitness

WINTER 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
Jan. 18, 22, 25, 29
Feb. 1, 5, 8, 12, 15, 19, 22, 26
Mar. 1, 5, 8, 12



Time: 9:30am—10:30am

Fee: \$80 - Make check payable to: Bernard Mitchell
*Registration can be done online at 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
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.