

# ZUMBA TONING

Winter 2018  
Session I

Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with regular Zumba moves to create a calorie-torching, strength-training dance fitness party. Using Zumba sticks or light weight dumbbells, you'll work every muscle group while you groove. In a very short period of time, this workout will help you build coordination, muscular strength and reshape your body. This exciting breakthrough workout is designed to offer you a safe and yet very effective total body sculpting workout. It is like a 2 X 1 deal!

Who: Adults Only  
Monroe Twp. Residents Only

Where: Monroe Township Community Center

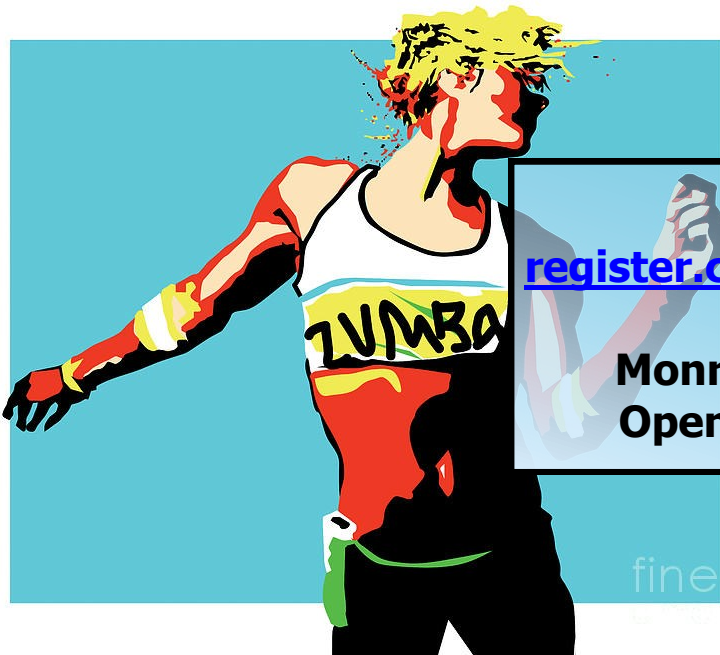
When: Fridays—Jan. 12, 19, 26 Feb. 2, 9, 16, 23 Mar. 2

Time: Fridays 9:30am—10:30am

Fee: \$45 - Make check payable to: Monroe Recreation  
Registration can be done online at [register.communitypass.net/monroetownship](http://register.communitypass.net/monroetownship)—All checks or money orders must be mailed or dropped off to the Community Center no later than 1 week prior to start of program: 120 Monmouth Road, Monroe Township, NJ 08831



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.