

Monday & Thursday Aerobics

Winter 2011/12

*Low Impact aerobics to increase cardiovascular endurance.
Basic Movements to help you get into good physical condition.*

Who: Monroe Residents—High School Students & Adults

Where: Monroe Community Center, Room 101

When: Choice of Mondays, Thursdays or Both

Time: 7:00pm—8:00pm Co-ed Class



Fee: \$50 - Mondays & Thursdays
 \$25 - Mondays Only
 \$25 - Thursdays Only Checks payable to: Monroe Recreation

Register at the
Community Center
M/F 8AM—9PM
SAT/SUN 8AM—9PM

Class Dates

December 15, 19, 22, 26, 29

January 2, 5, 9, 12, 16, 19, 23, 26, 30

February 2, 6, 9, 13, 16, 20

Must have valid
Monroe Township
Community Center I.D.
to register

*"NEW" Program Instructors - Monday's class is Ann Marie Germano &
Thursday's class is Debbie Edelman*

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Name			
Address			
Phone & Email			
Circle Class	Mondays	Thursdays	Mondays/Thursdays

COMMUNITY CENTER USE:						
Fees Collected	\$	Check #		Staff Initials		Date