

Saturday Step Aerobics

Winter 2012

Designed to condition the heart and lungs.
Trim and firm the body and promote flexibility.
** Please supply your own board****

Who: Monroe Residents—High School Students & Adults

Where: Monroe Community Center, Room 109

When: Saturday Mornings

Time: 9:30am—10:30am Co-ed Class

Fee: \$25 — Make check payable to: Monroe Recreation



Class Dates

January 7, 14, 21, 28

February 4, 11, 18, 25

March 3, 10

Register at the
Community Center

M/F 8AM—9PM
SAT/SUN 8AM—9PM

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

Any questions call (732) 723-5000 Lori Morell — Program Instructor

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Name	
Address	
Phone	
Email	

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