

Wednesday Step Aerobics

Winter 2011/12

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 101

When: Wednesday Evenings

Time: 7:00pm—8:00pm Co-ed Class

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



Class Dates

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

December 21, 28
January 4, 11, 18, 25
February 1, 8, 15, 22

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