



Thursday & Friday Evenings at the Senior Center

STARTING ON THURSDAY, JANUARY 10, 2019:

> Ballroom Dance at 6:00 p.m., 10 sessions for \$40 per couple

All levels are welcome to learn some of the most popular ballroom dances taught in the American style: fox trot, waltz, swing, tango, and the Latin dances including salsa, cha-cha, and rumba. Instructed by: Candace Woodward-Clough

> Boomers Fitness Challenge at 6:00 p.m., 10 session for \$40 p.p.

Okay, Baby Boomers...do you have what it takes? Get ready to sweat because, in Ellen's military-style exercise class, be prepared to give her twenty...push-ups, planks and more. Combo of body weight moves and low-impact cardio.

> Gentle Mat Yoga at 7:00 p.m., 10 sessions for \$40 p.p.

Where yoga, movement, and breath come together, bring your mat to perform gentle stretching while focusing on breathing and one's body. Modifications are available for students with physical limitations. Before and after "centering" allows the body to incorporate all that has been received during a session. Instructed by: Faye Nulman.

> Shape It Up at 7:00 p.m., 10 sessions for \$40 p.p.

Join Julie as she brings this popular daytime workout to Thursday nights. This strength-building workout features standing and sitting moves while using your own hand-weights, spikey balls, and resistance bands.



- Please Make Your Check Payable to: "Township of Monroe".
- Space is Limited in All Exercise Programs to Ensure Safety for Everyone.
- In Case of Inclement Weather, Please Call the Office Between 2:00 and 4:30 p.m., on the day-of at 609-448-7140, to Determine the Fate of a Given Class.
- While Make-Up Days are Factored into the Schedule, The Township is NOT Responsible to Provide Refunds for any Missed Classes Due to Inclement Weather Closings.



January's Friday Feature:

**Country Jamboree:
A Traditional Country Music Celebration
January 25, 2019, at 7 p.m.**

Enjoy a FREE Knee-Slapping Good Time!

FOR MEMBERS ONLY! PLEASE REGISTER IN ADVANCE. NO WALK-INS PERMITTED!



Jump Start Your Saturdays at the Senior Center!

Starting on Saturday, January 12, 2019

Get Fit Core, at 9:00 a.m., 10 sessions for \$40 per person

Get moving with Liz during this total body workout that incorporates gentle stretching, Pilates, and low-impact aerobics to improve your strength, flexibility and balance for overall wellness.

Meditation Class, at 10:15 a.m., 10 sessions for \$40 per person

Join Faye, of A Kneaded Escape, to discover various forms of meditation to help you feel more balanced and centered. Meditation is not a one size fits all. Discover the benefits breathing, visualization, silent and guided meditation, gazing, and more. Bring a journal/pen and bottled water to class. Please be sure to wear loose, comfy clothing.



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Free Saturday "Senior Pop-Up Series" Seminars at 10 a.m.

January 12 Healing with Crystal Bowls



Join Carmela Danna as she demonstrates the healing effects of sound vibrations from Crystal singing bowls. Feel free to bring a mat and relax or sit in a chair while listening to the sounds and letting the healing vibrations enter your body to produce a more peaceful feeling.

**** NOT RECOMMENDED FOR INDIVIDUALS WITH TINNITUS.**

January 26 Benefits of the Daily Stretch



Join Marion Marchese, RN, as she explores the nine benefits of stretching and how stretching exercises can improve both your physical and mental health.

Space Limited. Register Early!

609-448-7140