



Monroe Township Senior Center

Spring Exercise Classes



609-448-7140

- ◆ **CLASSES CONSIST OF 10 SESSIONS, UNLESS OTHERWISE NOTED.**
- ◆ **PRE-REGISTRATION REQUIRED WITH PAYMENT.**
- ◆ **FEE: \$40 p.p., unless otherwise noted.**
- ◆ **Checks Made Payable to: "TOWNSHIP OF MONROE"**
- ◆ **No Refunds, Unless a Doctor's Note is Submitted Prior to the Class for Consideration. Once a Class Begins, There are NO REFUNDS - UNLESS A REPLACEMENT IS OBTAINED FROM THE WAITING LIST.**

MONDAYS, Starting on April 8:

- ⇒ **SHAPE IT UP at 9:00 a.m.:** Julie provides this weight resistance program, with standing and sitting moves, using your own hand weights, resistance bands and spikey balls. *(No class May 27.)*
- ⇒ **MOVE & GROOVE at 10:00 a.m.:** Join Julie as she keeps you moving and grooving during this dance-inspired workout. *(No class May 27.)*
- ⇒ **YANG TAI CHI at 11:15 a.m.:** Join June, Certified Yang-style Tai Chi Instructor, as she guides you along a gentle path of wellness which can help you improve your mental alertness and balance as well as reduce stress and blood pressure. *(No class May 27.)*

TUESDAYS, Starting on April 9:

- ⇒ **BODY WORKS at 9:15 a.m.:** Julie works your whole body during this low-impact aerobic workout that incorporates resistance band training.
- ⇒ **GENTLE MAT YOGA at 9:00 a.m.:** Faye gets on the floor to combine yoga, movement and breathing while focusing on the total body, during this evening class, with before and after "centering". Bottled water and yoga mat recommended.
- ⇒ **TRIPLE 15 at 10:15 a.m.:** Celeste provides this 3-in-1 workout that focuses on three different, 15-minute sessions for a total body experience. Be sure to bring light hand weights and bottled water to class.
- ⇒ **POUND at 11:15 a.m.:** Ellen brings out our "inner rock star" during this unique workout featuring lively music and the use of rip sticks (provided). Through rhythm and communal drumming, you will exercise both your mind and body while enhancing core strength and balance.
- ⇒ **BEGINNERS MEDITATION at 10:30 a.m., STARTING on APRIL 16:** Join Judy Kalman for this 6-session meditation class that promotes guided visualization and relaxation. **Class Fee: \$24 p.p.**

WEDNESDAYS, Starting on April 10:

- ⇒ **TOTAL TONING at 9:00 a.m.:** Mardi does a "No-Aerobics" workout using light hand weights to build core strength, balance, and flexibility.
- ⇒ **BODIES IN MOTION at 10:15 a.m.:** Georgeann provides this seated weight-resistance class that features light hand weights, spikey balls, and resistance bands. All equipment can be purchased at Five Below retail store.
- ⇒ **BREATHE & STRETCH at 11:15 a.m.:** Georgeann will help you gain more range of motion and reduce pain through dynamic and static stretches as well as postural moves to adjust head alignment. A yoga block is recommended and will be available for purchase through the instructor.

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THURSDAYS, Starting on April 11:

- ⇒ **CHAIR YOGA at 9:00 a.m.:** Eileen brings yogic chair exercises to this morning program where stretching and breathing are key.
- ⇒ **BODY WORKS at 10:15 a.m.:** Julie works your whole body during this low-impact aerobic workout that incorporates resistance band training. (Similar to Tuesday; however, please bring hand weights to class.)

THURSDAY NIGHTS AT THE SENIOR CENTER:

- ⇒ **BALLROOM DANCE at 5:45 p.m.:** Candace welcomes all levels to this 6:00 p.m. class to teach some of the most popular ballroom dances along with some hip-swaying Latin dances. **CLASS FEE: \$50 per couple. Members must sign-up with a dance partner.**
- ⇒ **NEW: CENTER CIRCUIT at 6:00 p.m.:** Georgeann brings interval, circuit training to the Center with a combination of body and hand-weight exercises along with cardio bursts. Standing exercises and floor work, too.
- ⇒ **GENTLE MAT YOGA at 7:00 p.m.:** Faye gets on the floor to combine yoga, movement and breathing while focusing on the total body, during this evening class, with before and after “centering”. Bottled water and yoga mat recommended.

FRIDAYS, Starting on April 12:

- ⇒ **ZUMBA GOLD at 9:00 a.m.:** Fran gets your hips moving during this modified, Latin-infused ZUMBA class.
- ⇒ **BOOT CAMP at 10:00 a.m.** Julie brings this circuit-style workout that focuses on group specific activities to enhance endurance, strength, and flexibility. Students need to bring hand weights and a bouncy ball.

SATURDAY MORNINGS, Starting on April 13:

- ⇒ **GET FIT CORE at 9:00 a.m.:** Liz provides this total body workout that incorporates gentle stretching, Pilates, and low-impact aerobics. Get your motor running in the morning to help you improve your flexibility, balance and strength. Varied exercise equipment is needed; some provided. Liz will explain what students need to bring at first meeting.
- ⇒ **NEW: FACIAL YOGA at 10:00 a.m.:** Marion Marchese, R.N., teaches you exercises to help revitalize your skin. Facial Yoga is a safe and natural method of making you look younger by improving and strengthening your face muscles. Students must bring a free-standing mirror, hand towel and bottled water to each class. White cotton gloves are required that can be purchased directly from Marion, at the first session. **Course Fee: \$60 p.p. Space limited.** (No class on May 4 and 11; Last class is June 29.)
- ⇒ **MEDITATION at 10:15 a.m.:** Faye, owner of A Kneaded Escape, introduces various forms of meditation. Discover the benefits of breathing, visualization, silent and guided mediation, gazing, and more. Please be sure to wear loose clothing and bring a journal, pen, and bottled water to class.



For More Information: 609-448-7140

