



# Monroe Township Senior Center

# Exercise Classes

# Summer 2024



- ◆ **Registration begins on Thursday, June 13th at 9:00 a.m. via Community Pass or in-person.**
- ◆ **This session begins the week of June 24th, 2024 for 10 weeks, unless otherwise noted, and each class is approximately 45 minutes in duration.**
- ◆ **FEE: \$40.00 per session, per person (unless otherwise noted), payable on-line via credit card or e-check, or in-person by check payable to "TOWNSHIP OF MONROE", exact cash, or credit card.**
- ◆ **REFUND POLICY:** Full refunds are granted only when a doctor's note is submitted.
- ◆ **Classes are never prorated.** They are open for enrollment after a session begins until they are full.
- ◆ **Whenever possible, make-up classes will be scheduled but they are not guaranteed.**

## **MONDAYS, Starting on June 24th**

- ⇒ **CARDIO BLAST, at 9:00 a.m.:** Linda helps you improve your range of motion during this low-impact cardio class that includes interval training. Modifications will be offered. Please bring bottled water and a towel. This standing class includes core work at the end, no mat needed. **(Last Class: 8/26)**
- ⇒ **TOTAL BODY RESET, at 10:00 a.m.:** Join Linda as she provides this total body strength class as you use light hand weights, tubing or resistance bands, and a chair for target toning. Some cardio too. **(Last Class: 8/26)**
- ⇒ **GENTLE STRETCH, at 11:00 a.m.:** Lisa guides you through restorative movements and postures (sitting and standing) to improve range of motion and circulation, help manage pain, and release tension. The gentle stretches in this class restore the natural mobility of joints while enhancing your mood, improving your flexibility, and gaining body awareness. **(No Class: 7/8, 9/2 Last Class: 9/9)**

## **TUESDAYS, Starting on June 25th**

- ⇒ **MAT YOGA, at 8:45 a.m.:** Sherry helps you improve breath, flexibility, strength, and balance through mindful yoga movements. Each class starts with breath awareness, accessible floor work to activate the core, standing yoga flows, balance poses, and final relaxation. Please bring a yoga mat to class. A yoga block and a yoga strap are highly recommended but not required. **(No Class: 7/30 Last Class: 9/3)**
- ⇒ **DRUMS ALIVE, at 10:15 a.m. or at 11:30 a.m.:** Mark provides this lively workout that fosters physical, mental, and emotional balance while providing an element of fun and creative expression using stability balls and drumsticks. This class provides a great cardio workout and offers a total mind-body fitness program incorporating the joy of music, movement, and memory. **(Last Class: 8/27)**

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#### WEDNESDAYS, Starting on June 26th

- ⇒ **TOTAL TONING**, at 9:00 a.m.: Join Celeste for this non-impact cardio workout class as she focuses on strengthening and toning all muscle groups while using light hand weights to elevate your heart rate and get that “burn.” (Last Class: 8/28)
- ⇒ **MOVE & GROOVE (A)**, at 10:00 a.m.: Pamela gets you moving and grooving during this music-inspired fitness class that incorporates easy dance moves, cardio fitness, and light strength training with hand weights for a total body workout. Please bring light hand weights. (No Class: 7/17 Last Class: 9/4)
- ⇒ **RAISE THE BARRE**, at 11:00 a.m.: Linda “ups the barre” with this effective total body barre workout focusing on low-impact, high-intensity movements that lift and tone muscles to improve strength, agility and flexibility for every body. Light weights will be used for upper body toning. Mat work is involved for core strength work. Exercising in bare feet is ideal. Be sure to bring light hand weights, a mat, bottled water, and a towel.  
(No Class: 7/31 Last Class: 9/4)
- ⇒ **BALLROOM, LATIN and SWING DANCE**, at 3:30 p.m. to 4:15 p.m.: Join Candace as she welcomes all levels to her 6 week class to teach some of the most popular ballroom dances along with some hip-swaying Latin dances. Members must sign-up with a dance partner. (Class fee: \$50.00 per couple No Class: 7/31 Last Class: 8/7)

#### THURSDAYS, Starting on June 27th

- ⇒ **CHAIR YOGA**, at 8:45 a.m.: Discover the joy and benefits of movement, mobility, and mindfulness as Sherry guides you through a mix of seated and standing yoga poses and functional movement drills. Each 8 session class includes breath work, stretching, strengthening, balancing and a sprinkle of groove. Each class concludes with a brief seated relaxation. Light hand weights optional. (Class fee: \$32.00 No Class: 7/4, 7/25, 8/1 Last Class: 9/5)
- ⇒ **BODY WORKS**, at 10:00 a.m.: Join Lisa as she works your whole body during this low-impact 8 session aerobic workout that incorporates resistance band training, light hand weights, and chair exercises. This total body workout includes core, flexibility, and balance. (Class fee: \$32.00 No Class: 7/4, 7/11, 7/25 Last Class: 9/5)
- ⇒ **GENTLE STRETCH PLUS**, at 11:00 a.m.: Lisa will guide you through 8 sessions of restorative breathing and stretching exercises to improve posture, circulation, and flexibility all which will elevate your mood. The **PLUS** is full body strength exercises using resistance bands which will tone muscles and improve bone density. Exercises will be seated and standing. All levels are welcome. (Class fee: \$32.00 No Class: 7/4, 7/11, 7/25 Last Class: 9/5)

#### FRIDAYS, Starting on June 28th

- ⇒ **ZUMBA GOLD**, at 9:00 a.m.: Join Fran during this modified, Latin-inspired ZUMBA class incorporates fun and contemporary dance music. (No Class: 7/12, 7/19 Last Class: 9/13)
- ⇒ **FUN FRIDAY**, at 10:00 a.m.: Join Lisa for this high-energy “smorgasbord” workout combining cardio, strength, flexibility, core, and balance. Seated stretches with proper breathing techniques are featured at the conclusion of class. Please bring resistance bands and light hand weights. (No Class: 7/12 Last Class: 9/6)
- ⇒ **MOVE & GROOVE (B)**, at 11:00 a.m.: Pamela gets you moving and grooving during this music-inspired fitness class that incorporates easy dance moves, cardio fitness, and light strength training with hand weights for a total body workout. Please bring light hand weights. (No Class: 7/12, 7/19 Last Class: 9/13)