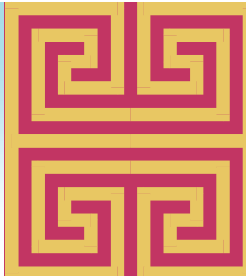




Matawan Recreation Department

is pleased to announce 3 new exercise classes starting the week of March 21st, 2016. All classes will be offered at our gym located at 201 Broad Street . Classes will be once a week for 8 weeks at a cost of \$80.00 . Register for 2 -\$150.00



Come take a class with Denise Morgan. She is certified thru NETA as a Personal Trainer and Group Exercise Instructor. Her Yoga certification is through YogaFit International. She has been in the Fitness industry for over 12 years, and has instructed various classes such as Boot Camp, Tabata, Zumba and Body Sculpt. Her main goal is to help people realize how important fitness and mind body connection is and brings them closer to achieving their fitness goals.

Senior Fit - Mondays 3/21– 5/9 @ 11:30AM. 50 minute classes

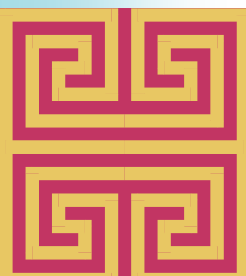
Classes are designed to increase flexibility, agility, joint stability, balance coordination, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and strength training. Please bring light weights and mat.

Interval Training Class—Wednesdays 3/23– 5/11 @ 6:00-6:50 PM. 50 minute classes

Through a variety of simple, yet intense exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss or both, this class will provide what you are looking for. Please bring light weights and mat.

Yoga Class—Wednesdays 3/23– 5/11 @ 7:00-7:50 PM. 50 minute classes

Class includes simple meditation and the adoption of specific body postures which maximizes health and relaxation. A regular yoga practice will help transform both your mind and body ultimately helping you find an inner peace, enhance your balance and stability and leave you feeling stronger and more centered. Please bring yoga mat.



Every accomplishment starts with a decision to try . So come out with your neighbors and friends and join us. To register, please call 732.566.3898 x. 130 or email your interest to recreation @matawanborough.com. Checks should be made payable to the Borough of Matawan

