

# Matawan Borough Recreation Department

## Senior Exercise Program

### 2026 Class Schedule



Free for  
Matawan  
Residents!

Tuesdays: Sculpt Yoga  
10:00 am - 10:45 am  
Teacher:  
Graham Peddell

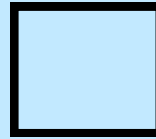


Wednesdays: Chair Yoga  
10:00 am - 11:00 am  
Teacher:  
Danielle Meany



\$50 yearly fee  
for Non-  
Residents

Thursdays: Aerobics  
12:15 pm - 1:00 pm  
Teacher:  
Cara Nelson



Thursdays: Sit & Stretch  
1:15 pm - 2:00 pm  
Teacher:  
Cara Nelson



Fridays: Strength Yoga  
11:00 am - 11:45 am  
Teacher:  
Danielle Meany



Matawan Residents: No charge

*New!*

Non-Residents Fee: \$50 Yearly fee

Open to Seniors Ages 60 & Up

*Sign Up Today*

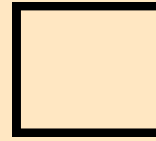
★ Spaces Are Limited! ★

# Matawan Borough Recreation Department

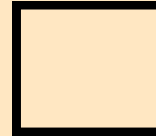
## Senior Exercise Clubs



**Ping Pong Club**  
Tuesdays: 11:00 am - 12:15 pm  
Fridays: 9:30 am - 10:30 am





**Tuesdays: Mahjong & Rummikub Club**  
1:00 pm - 4:00 pm



**Wednesday: Book Club**  
2:00 pm - 3:00 pm  
\*Meets 3<sup>rd</sup> Wednesday of each month



Informational “Tea Talks” on a variety of different topics, trips, luncheons, and other events are offered throughout the year. Registration for all programs is offered by paper forms or online.

 **Register Online:**   
<https://app.seemylegacy.com/community/2738>

All classes & Clubs are taught at 201 Broad Street  
Please make all checks payable to: Borough of Matawan  
Return in person or mail to:  
201 Broad Street, Matawan, NJ 07747, c/o Recreation

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email: \_\_\_\_\_  
Phone: \_\_\_\_\_

### EMERGENCY CONTACT

Name: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Relationship: \_\_\_\_\_

Office use: payment #: \_\_\_\_\_ / cash

Date Received: \_\_\_\_\_



## **Borough of Matawan Hold Harmless Form**

I understand that I am participating at my own risk. I agree to hold harmless the Borough of Matawan and the instructors Danielle Meany, Cara Nelson, and Graham Peddell for any injury that I may suffer by participating in any of the programs offered in the Borough of Matawan Senior Programs. This means that I am releasing the Borough of Matawan or its authorized agents from any liability for any injury that I suffer as a result of participating in the activities sponsored by the Borough of Matawan. By signing this form, I am voluntarily and freely giving up my rights to sue the Borough of Matawan or its authorized agents. Further, by signing this waiver, I acknowledge that I do so voluntarily and of my own free will. I further acknowledge that I have the capacity to enter into this agreement releasing the Borough of Matawan from its liability.

I further understand and agree that my signature on this waiver applies not only to any events listed in the waiver but to any and all events from this forward in which I participate and are sponsored by the Borough of Matawan. By executing this waiver, I release the Borough of Matawan, and/or its agents not only from any items listed in this form but from any activities or events that I participate in, in the future. This includes all classes, presentations, trips, senior citizens club meetings, etc.

\_\_\_\_\_ Initial

### **MEDICAL RELEASE**

I hereby release, waive, and agree to hold harmless the Borough of Matawan, its employees, contractors, associates, departments, or other entities or individuals representing the same, concerning any accidents, illness, or personal injury I may suffer, which might result from my participation in any activity or program offered by the Borough of Matawan. I am aware that it is my responsibility to check with my doctor before beginning any type of activity offered by the Borough of Matawan. The Borough of Matawan has advised me that a physician's approval is strongly recommended before beginning any exercise program that is offered by the Borough of Matawan and I am fully capable of participating in these activities without causing harm to myself or others.

**Print Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_