

# CHECK OUT OUR EXERCISE PROGRAMS AT THE EATONTOWN COMMUNITY CENTER (72 BROAD STREET)

## CARDIO, CORE & MORE!

Wednesday 9:00am – 10:00am

Free to Eatontown Residents; \$5.00 to Non-residents

Cardio, Core & More with Corinne offers fitness for adults (18+) with exercises designed to increase muscular strength, flexibility and resistance (strength) training, all done in a safe, fun-filled environment accompanied by music. Hand-held weights, elastic tubing with handles and six-inch inflatable balls are used for resistance and are provided at each class.

All exercises can be modified and performed in a chair.



## LOW-IMPACT AEROBICS

Tuesday 9:30am – 10:30am

Free Program / Eatontown residents only / Adults 18+

Join us Tuesday mornings as Eatontown resident, Instructor and Certified Personal Trainer Dalia Crocker leads this exciting class. Wear comfortable clothing; bring a water bottle and towel.

## YOGA

Wednesday 5:00pm – 6:00pm

\$5.00 per class / Adults 18+

Yoga increases flexibility, build core strength and increases energy. You will learn to move in and out of the poses safely. Taught by Certified Instructor Marissa Simonsen. All levels & abilities welcome.



## ZUMBA



Tuesday 8:30 – 9:30am / 6:00 – 7:00pm

Thursday 9:00-10:00am / 6:00-7:00pm

\$5.00 per class / Age 15+

Zumba exercise classes are “fitness parties” that blend upbeat world rhythms with easy-to-follow choreography, for a total body workout. Zumba is fun, different & easy!