

# **EATONTOWN FITNESS CLASSES**

**At the Community Center**

## **MONDAY**

**HEALTHY BONES**

**10:00-11:00, 11:30-12:30**

## **TUESDAY**

**LOW IMPACT AEROBICS 9:30-10:30**

**ZUMBA 6:00-7:00 PM**

## **WEDNESDAY**

**CARDIO, CORE & MORE 9:00-10:00**

**HEALTHY BONES 10:00-11:00**

**YOGA 5:00-6:00 PM**

## **THURSDAY**

**MAT PILATES 9:30-10:30**

**TAI-CHI 10:30-11:30**

**ZUMBA 6:00-7:00 PM**

## **FRIDAY**

**HEALTHY BONES 10:00-11:00**

Note: \$5.00 Per class For Yoga & Zumba

Other Classes Free to Eatontown Residents - \$5.00 per class Non-Residents

### **To register for classes:**

Eatontown Recreation 47 Broad St. Eatontown NJ 07724  
732-389-7607

Registration and Waiver Form required participate