

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

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
11:30-12:30