

TOWNSHIP OF MONROE

Recreation Department

(732) 723-5000 • www.monroerec.com



Mayor Gerald W. Tamburro

Superintendent of Recreation - Mary Lange
Recreation Advisory Board Chairman - Joe Isola

NOVEMBER 2017 NEWSLETTER



OPEN GYM

Monday-Friday after school open gym runs 2pm-5pm.

Call for additional availability during the week and on weekends at (732) 723-5000.



ADULT FITNESS SCHEDULE

A.M. Classes



Lean and Fit	Tuesdays, 8:30-9:30
Pure Fitness	Wednesdays, 9:30-10:30
Core Conditioning	Saturdays, 8:30-9:30
Cardio and Tone	Saturdays, 9:30-10:30
Seize the Day	Mondays and Thursdays 9:30-10:30
Sweat	Tuesdays, 9:30-10:30
Yoga	Sundays, 10:00-11:00 or Tuesdays, 9:30-10:30
Zumba Toning	Fridays, 9:30-10:30

P.M. Classes

Fitness 50/50	Wednesdays, 7:00-8:00
Low Impact Aerobics	Mondays and/or Thursdays ,7:00-8:00
Kickbox and Tone	Tuesdays, 7:15-8:15
Ultimate Fitness	Mondays and/or Thursdays, 6:30-7:30

Must register in advance for 8 week sessions. Dates for these sessions can be found on www.monroerec.com or at register.communitypass.net/monroetownship
****NEW CLASSES ARE LISTED IN RED****

JR. FALCON WRESTLING

Registration night will be on November 6th, 7:30pm-9:00pm, at the Monroe Township Community Center. Program is for grades K-6th. For more information call Joe Fiordaliso at 732-589-4530 or email at josephfiordaliso24@gmail.com. Website for Jr. Falcon Wrestling can be found at www.monroewrestling.com.



YOUTH PROGRAMS

Apprentice Engineering	Ages 8-12
Bricks 4 Kidz	Grades K-3 or 3-5
Childrens Theater	Ages 8-14
Hip-Hop Gymnastics	Ages 5-16
Junior Engineering	Ages 5-7
Martial Arts Karate	Age 6—17
Mini Ninjas	Ages 3-5
Twirling	Ages 5+

Must register in advance for 6-8 week sessions. Dates for these sessions can be found on www.monroerec.com or at register.communitypass.net/monroetownship

For more information about our programs call 732-723-5000 or go to www.monroerec.com
For membership and program registration, go to register.communitypass.net/monroetownship