



Please
dress for
Outdoor
Class.

Wear
layers.

Bring
water.

There will
be no
access to
the
building.

Proper
social-
distancing
will be in
place.

Wear a
mask at all
times until
class
begins.

**Time to enjoy the Fall
weather and take some
outdoor Fitness Classes!**

Fridays: Strength Training

11 am -11:30 am

10/9, 10/16, 10/23, & 10/30

Mondays: Chair Yoga

11:30 am-12:15 pm

10/19, 10/26

Fall Fitness

**North Brunswick Senior Center
15 Linwood Place**

Call to reserve a spot:
732-418-2222

Bring your weights and
resistance bands.

Township of North Brunswick
Department of Parks, Recreation, &
Community Services