

## Exercise classes at MCH



**Fit for Life** - This class improves cardiovascular endurance and muscle tone using a variety of strength equipment paired with steady low impact movement. The class is primarily standing but also incorporates being seated.

**When:** Classes will be held for 8 weeks on Mondays, 10:15 - 11:00 am, October 2–November 20

**Cost:** Classes are \$10/week and scheduled in 8-week increments. No refunds.

and

**Intermediate Chair Yoga** – This class focuses on stretching, strengthening improving alignment, and reducing pain through seated and standing poses. Participants should be comfortable with some single leg poses.

**When:** Classes will be held for 8 weeks on Wednesdays, 10:15 - 11:00 am, October 4 - November 22

**Cost:** Classes are \$10/week and scheduled in 8-week increments. No refunds.

About the Instructor - Donna Sue Downton, CPT, CGFI is a Certified Senior Specialist, Certified Exercise Specialist, Certified Red Cross Instructor, and Certified Thai Massage Therapist. She's a Madison resident and has been teaching exercise for many years. For questions or more information on these classes, please contact her at 973-723-6039.

Please return completed form below with check made payable to TMC to: Thursday Morning Club, PO Box 345, Madison, NJ 07940. Please include 'exercise' in the memo.

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### Exercise Classes at MCH

Name \_\_\_\_\_

Phone # \_\_\_\_\_ E-Mail \_\_\_\_\_

Fit For Life \_\_\_\_\_ 8 Sessions @ \$80.00 Total enclosed \_\_\_\_\_

Intermediate Chair Yoga \_\_\_\_\_ 8 Session @ \$80.00 Total enclosed \_\_\_\_\_

Return to: Thursday Morning Club

PO Box 345

Madison, NJ 07940

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