



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, 10:15-11:00am, November 27- January 29 there will be no classes the week of December 25 and January 1.

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, 10:15-11:00am, November 29 - January 24. There will be no class the week of December 25.

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

About the Instructor- Donna Sue Dowton, 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 973-732-6039.

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.

Exercise Classes at MCH

Name _____

Phone # _____



Fit For Life _____ Session @ \$80.00 Total enclosed _____

Intermediate Chair Yoga _____ Session @ \$80.00 Total enclosed _____

Return to: Thursday Morning Club

PO Box 345

Madison, NJ 07940

Please include 'exercise' in the memo

