



## 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.

**When:** Classes will be held for 8 weeks on Mondays, 10:15-11:00am, April 1- May 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, 10:15-11:00am, April 3 - May 22.

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

**Not sure? Please join us for a free class before next session starts!**

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 is 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.

### Exercise Classes at MCH



**Name** \_\_\_\_\_ **Phone #** \_\_\_\_\_

\_\_\_\_\_ **Will you accept text messages?** \_\_\_\_\_

**Email** \_\_\_\_\_

**Fit For Life** \_\_\_\_\_ Session @ \$80.00 Total enclosed \_\_\_\_\_

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

**Please join us for a free class before next session starts!**

Return to: Thursday Morning Club

PO Box 345

Madison, NJ 07940

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