



Exercise classes at MCH

Monday - 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, October 7 - November 25

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

and

Wednesday - 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, September 25 - November 13

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

Not sure? Please join us for a free class before the 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'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 the completed form below with a 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 (Mon.) _____ Session @ \$80.00 Total enclosed _____

Intermediate Chair Yoga (Wed.) _____ 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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