



AEROBICS

The Aerobics Program is low impact with light weight training.

Classes are Monday through Friday from 8:30 a.m. – 9:30 a.m.

At the Spring Lake Community House!

To register go to

www.springlakeboro.org/CommunityPass

\$50/10 sessions

\$75/per month

\$150/for three months

For additional information call (732)449-0800 ext. 602