



## AEROBICS

**Join now and receive the month of January for free!**

The Aerobics Program consists of cardio, stretch, balance and light weight training!

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

At the Spring Lake Community House!

**Make your New Year's Resolution to get healthy and enjoy class for free!**

For information call Linda Foy (732)672-7329