



**MARLBORO TOWNSHIP
RECREATION DEPARTMENT**

1996 Recreation Way, Marlboro, New Jersey 07746

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YOUTH AND ADULT FALL 2020 OUTDOOR PROGRAM

Adult Programs 18+ \$75 for 6 week session

Lunch Break Pilates: 6 Weeks: 12pm-1pm: Mondays 9/21, 10/5, 10/12, 10/19, 10/26, 11/2 (No Class 9/28)
Instructor: Bailey Finch

Cardio HIIT: High Intensity Interval Training: 6 Weeks: 10am-11am: Tuesdays 9/22, 9/29, 10/6, 10/13, 10/20, 10/27

HIIT-High Intensity Interval Training is an intense cardiovascular workout with short periods of intense aerobic exercise rotated with short periods of rest. Weights, body weight and cardio workouts will be used for maximum effort and calorie burn! Options will be given so all levels can challenge themselves while having fun and building muscle, removing fat and building healthy heart function! Please add to bring a towel, mat and water. Weights are optional. Instructor: Marla Rudich

Cardio Kickboxing: 6 Weeks: 10am-11am: Thursdays 9/24, 10/1, 10/8, 10/15, 10/22, 10/29

Cardio Kickboxing is a high energy workout that includes cardio, calisthenics, body weight exercises and mixed martial arts. Get the amazing benefits from this intense and challenging workout! Build endurance, stamina, improve flexibility and coordination. You can build lean muscle and burn calories! Kick, punch, burpee, push up and jump around with this fun and challenging workout. Bring a towel, mat and water. Instructor: Marla Rudich

Youth Programs For Ages 5-10 \$75 for 6 week session

Kids Fit Class: 6 Weeks: 4:30pm-5:30pm: Wednesdays 9/23, 9/30, 10/7, 10/14, 10/21, 10/28

A fun, safe and exciting environment where fitness becomes fun, not work! Teaching form, endurance, teamwork and confidence. Come have fun jumping, running and doing body weight exercises. Getting into fitness at a young age can help live a healthy adult life. Please bring a towel, mat and water Instructor: Marla Rudich

Youth Yoga Class: 6 Weeks: 4:30pm-5:30pm: Thursdays 9/24, 10/1, 10/8, 10/15, 10/22, 10/29

Yoga is an ancient healing practice known to calm the body, mind, and emotions. In this playful yoga class designed especially for elementary aged-children, children will learn yoga poses, breathing, and relaxation exercises which cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills, improve concentration, and give children the tools to manage stress in their daily lives. Games, stories, and Tibetan singing bowl will be incorporated into this fun, non-competitive class. Each class ends with a period of relaxation and meditation. Children should bring their own yoga mat to class. Instructor: Sharon Richardson