

Clark Fitness Training, LLC
Presents
Greenbriar Whittingham
Monroe Township



AQUACISE CLASS SCHEDULE!
NOVEMBER-DECEMBER 2025

REGISTRATION BEGINS 10/29

SPACE IS LIMITED. TO GUARENTEE A SPOT, PLEASE RSVP TO 908-770-8653.

NO RSVP OR PAYMENT WILL BE ACCEPTED PRIOR TO THE ABOVE DATE!

PLEASE REGISTER FOR YOURSELF AND ONLY 1 OTHER PERSON.

FOR EVERYONE'S SAFETY 20 IS THE MAXIMUM ALLOWED IN AQUACISE CLASS

10 IS THE MAXIMUM ALLOWED FOR DEEP WATER

		<u>DATES</u>	<u>NOV-DEC</u>
<u>MONDAY</u>			
Aquacise w/Christine		(No class 11/3, 11/17, 12/29)	
11:00AM-12:00PM	6 SESSION	11/10-12/22	COST: \$36.00
<u>THURSDAY</u>			
Aquacise w/Christine		(No class 11/6, 11/27, 12/25)	
11:00AM-12:00PM	5 SESSIONS	11/13-12/18	COST: \$30.00
<u>FRIDAY</u>			
Deep Water Aquacise w/Christine	(Make-up 11/21)(No class 11/7, 11/14, 11/28, 12/26)		
11:00AM-12:00PM	3 SESSIONS	12/5-12/19	COST: \$18.00

Questions: Contact Marie Wedgeworth at 908-770-8653 or wedge08506@yahoo.com.

Register: 1) RSVP Marie starting 8/27 and Give check payable to Clark Fitness to the instructor

2) register online at www.clarkfitness.com.

Cancellations: Inclement weather cancellations will be listed at www.Clarkfitness.com home page.

Important Updates: To be added to the new message system, text the word Whittingham to 732-344-4578

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Name: _____ Phone: _____ Email: _____

I am paying for these classes: _____