

Clark Fitness Training, LLC
Presents
Greenbriar Whittingham
Monroe Township



AQUACISE CLASS SCHEDULE!
NOVEMBER-DECEMBER 2026

REGISTRATION BEGINS 10/26

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

MONDAY

Aquacise w/Christine

11:00AM-12:00PM

8 SESSIONS

(No class 12/28 - Holiday Break)

11/2-12/21

COST: \$48.00

THURSDAY

Aquacise w/Christine

11:00AM-12:00PM

5 SESSIONS

(No class 11/5, 11/26, 12/24, 12/31)

11/12-12/17

COST: \$30.00

FRIDAY

Deep Water Aquacise w/Christine

10:45-11:45AM

5 SESSIONS

(No class 11/6, 11/27, 12/25)

11/13-12/18

COST: \$30.00

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

Register: 1) RSVP Marie starting 8/24 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 and follow the prompts.

-----CUT HERE-----

Name: _____ Phone: _____ Email _____

I am paying for these classes: _____