

Clark Fitness Training, LLC
Presents
Greenbriar Whittingham
Monroe Township



AQUACISE CLASS SCHEDULE!
JANUARY-FEBRUARY 2026

REGISTRATION BEGINS 12/22

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

MONDAY

Aquacise w/Christine

11:00AM-12:00PM

8 SESSIONS

1/5-2/23

COST: \$48.00

THURSDAY

Aquacise w/Christine

11:00AM-12:00PM

8 SESSIONS

(No class 1/1-Holiday)

1/8-2/26

COST: \$48.00

FRIDAY

Deep Water Aquacise w/Christine

11:00AM-12:00PM

8 SESSIONS

(No class 1/2-Personal)

1/9-2/27

COST: \$48.00

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

CUT HERE

Name: _____ Phone: _____ Email: _____

I am paying for these classes: _____