



# Senior Fitness Day! • Nov. 24<sup>th</sup>

COME JOIN US FOR A DAY OF COMPLIMENTARY HEALTH EXPERIENCES!

**52 CARD PICK UP WITH PETER** | 10:00am - 11:00am | FITNESS FLOOR

**AQUA SCULPT WITH STEPHANIE** | 10:00am - 10:45am | AQUATIC CENTER

Use noodles, weights, gloves & boards and your own resistance to burn fat and define muscles.  
Great for all fitness levels.

**FUN FITNESS ABS WITH CARMEN** | 11:00am - 11:30am | FITNESS FLOOR

**FULL BODY CIRCUIT WITH CARMEN** | 11:30am - 12:00pm | FITNESS FLOOR

**AQUATIC FITNESS WITH ROY** | 1:00pm - 2:00pm | AQUATIC CENTER

**SIT DOWN & MOVE WITH TINA** | 3:00pm - 3:30pm | FITNESS FLOOR

**FUNCTIONAL STRENGTH TRAINING WITH ROY** | 3:00pm - 4:00pm | STUDIO (1)

**FAT BURN FITNESS WITH CAROLYN** | 6:30pm - 6:30pm | FITNESS FLOOR

**RWJ RAHWAY  
FITNESS & WELLNESS CENTER**  
*at*  
**CARTERET**

# November is National Family Caregiver Month!

THIS MONTH WE CELEBRATE & APPRECIATE THOSE WHO HAVE DEDICATED THEIR TIME TO TAKING CARE OF OTHERS.

## WRITE TO US & TELL US WHO YOU WANT TO NOMINATE & WHY!

Not only will a reception be held for you & your nominated family caregiver, but one family caregiver will win a one year membership as well as special gifts from local vendors!

Submit all stories as well as your name & club location to [events@fitnessandwellness.org](mailto:events@fitnessandwellness.org) by December 1.

**RWJ RAHWAY  
FITNESS & WELLNESS CENTER**  
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**CARTERET**

60 Cooke Avenue | Carteret, NJ | 732.541.2333 | [www.RWJFITNESSCARTERET.com](http://www.RWJFITNESSCARTERET.com)

# **SUPERCLASS FOR A CAUSE**

JOIN RWJ RAHWAY FITNESS & WELLNESS CENTER AT CARTERET  
AND DONATE TO THOSE LESS FORTUNATE THIS HOLIDAY SEASON!

**TUESDAY, NOV. 18**  
**SUPER CIRCUIT CLASS**

7:00pm - 8:00pm | Cycle Studio with Billy & Carolyn

**Your ticket to the SUPER CIRCUIT CLASS is your donation!**  
**Space is limited. Sign up at the Front Desk!**

**All donations support Revival Center Church**  
**THANK YOU FOR YOUR SUPPORT!**



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# Celebrate FAMILY FITNESS WEEK

NOV. 23 - NOV. 29

RWJ RAHWAY  
FITNESS & WELLNESS CENTER  
*at*  
CARTERET

The family that moves together  
stays **FIT** together

*Sunday, November 23*

## FAMILY ZUMBA®

9:00am - 9:55am in Studio 2 with Stephanie | Ages 6+

All children at heart, ages 6+ are invited to participate in this fun, interactive, high energy Zumba® class!

*Wednesday, November 26*

## FAMILY CAPOEIRA

8:35pm - 9:35pm in Studio 2 with Agulha | All Ages

A multidisciplinary Brazilian art form incorporating elements of dance, martial arts and acrobatics. It provides cardiovascular, strength & flexibility in a fun and creative way. Class ends with a live music session.

*Saturday, November 29*

## FAMILY CYCLE

9:00am - 10:00am in the Cycle Studio with Marijo | Ages 10+

Get your kids up and moving in this Family Fun cycle class.

Max number of participants: 24

• All children under 18 must be accompanied by a adult.

• Non-Members 18 & older must have valid ID and sign guest waiver.

• Cycle passes are available at the Front desk 30 minutes prior to the start of class.