



**Open to
the public!**

Senior Fitness Day! • Oct. 27th

COME JOIN US FOR A DAY OF COMPLIMENTARY HEALTH EXPERIENCES!

52 CARD PICK UP WITH PETER | 9:00am - 10:00am

AQUA RUN WITH STEPHANIE

9:15am - 10:00am | Lap Pool

Take your run from the treadmill to the pool! Great for all fitness levels.

ABS, ABS ABS WITH CARMEN | 11:00am - 11:30am

FULL BODY FAT CIRCUIT BURN WITH CARMEN | 11:30am - 12:30pm

BRAINS AND BALANCE WITH ROY | 1:00pm - 2:00pm

STRENGTH TRAINING FOR SENIORS WITH ROY | 2:00pm - 3:00pm

SIT DOWN AND MOVE WITH TINA | 3:00pm - 4:00pm

FAT BURN FITNESS WITH CAROLYN | 6:00pm - 6:30pm

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