

Monday	Tuesday	Wednesday	Thursday	Friday
	Marlboro Recreation Center 1996 Recreation Way 732.617.0367 Heidi: hpincus@marlboro-nj.gov Rosemary: rpascale@marlboro-nj.gov	 <p>Happy New Year!</p> OFFICES CLOSED	OFFICES OPEN NO PROGRAMS	OFFICES OPEN NO PROGRAMS
9am Cardio Variety-GYM (Joann) 9am Gentle Yoga-ZOOM (Pat) 10am Acrylic Painting with Fran-A&C RM 10:15am Total Body Workout-GYM (Joann) 10:15am Intermediate Cardio-FH (Rosie) 11:30am Ballroom Dance-GYM (Skip) 11:30am Cardio Wellness-FH (Rosie) 11:30am Mahjong open play-MTG ROOM 12:45pm Inter/Adv 2 Pickleball-GYM	9am Zumba-GYM (Toni) 10:15am Strength Training-ZOOM (Joann) 10:15am Kick it Up!-GYM (Lisa) 10am Watercolor-ZOOM (Domenica) 11am News & Your Views-MTG ROOM 11:30am Hanging with Heidi-A&C RM 11:30am Balance & Stretch-GYM (Toni) 12:45pm Beg/Inter 1 Pickleball-GYM	8:30am Line Dancing Beginner Lessons 9am Line Dancing-GYM (Jo-Ann & Tom) 9am Pilates-FH (Toni) 10am Knitting-A&C ROOM 10:15am Intermediate Cardio-GYM (Rosie) 10:15am Warrior Workout-FH (Joann) 11:30am Cardio Wellness-GYM (Rosie) 12:45pm Inter/Adv 2 Pickleball-GYM	9am Tai Chi-GYM (Cheryl) 9am One More Rep-ZOOM (Marla) 10am Coffee & Conversation-MTG RM 10:15am Kick it Up!-GYM (Lisa) 11:30am Chair Yoga-ZOOM (Pat) 11:30am Veteran's Monthly Meet-Up-MTG RM 11:30am Balance & Stretch-GYM (Marla) 11:30am Ping Pong/Pool-MP3 RM 12:45pm Beg/Inter 1 Pickleball-GYM 1pm Sketching with Frank-ZOOM	Wake Up with Yoga-cancelled 10am Canasta/Bridge/Cards-MTG RM 10:15am Total Body Workout-GYM (Joann) 11:30am Get Fit While You Sit-GYM (Marla) 12:30pm Bring Your Game-MTG RM 12:30pm EVENT: BEAT THE WINTER BLUES 12:45pm Mixed Pickleball-GYM
9am Cardio Variety-GYM 9am Gentle Yoga-ZOOM 10am Acrylic Painting with Fran-A&C RM 10:15am Total Body Workout-GYM 10:15am Intermediate Cardio-FH 11:30am Ballroom Dance-GYM 11:30am Cardio Wellness-FH 11:30am Mahjong-MTG RM 12:45pm Inter/Adv 2 Pickleball-GYM	9am Zumba-GYM 10:15am Strength Training-ZOOM 10:15am Kick it Up!-GYM 10am Watercolor-ZOOM 10:30am Senior Advisory Committee Meet. 11am News & Your Views-MTG ROOM 11:30am Hanging with Heidi-A&C RM 11:30am Balance & Stretch-GYM 12:45pm Beg/Inter 1 Pickleball-GYM 1pm SOCIAL EVENT: DESSERT TRIVIA	8:30am Line Dancing Beginner Lessons 9am Country Line Dancing-GYM 9am Pilates-FH 10am Knitting-A&C ROOM 10:15am Intermediate Cardio-GYM 10:15am Warrior Workout-FH 11:30am Cardio Wellness-GYM 12:45pm Inter/Adv 2 Pickleball 1pm DISCUSSION GROUP: TRANSITIONS-MTG RM	9am Tai Chi-GYM 9am One More Rep-ZOOM 10am Coffee & Conversation-MTG RM 10:15am Kick it Up!-GYM 11:30am Chair Yoga-ZOOM 11:30am Balance & Stretch-GYM 11:30am Ping Pong/Pool-MP3 RM 12:45pm Beg/Inter 1 Pickleball-GYM 1pm Sketching with Frank-ZOOM 1pm LECTURE: INTRO TO 8 DEMENTIONS OF WELL.	Wake Up with Yoga-cancelled 10am Canasta/Bridge/Cards-MTG RM 10:15am Total Body Workout-GYM 11:30am Get Fit While You Sit-GYM 12:30pm Bring Your Game-MTG RM 12:30pm SOCIAL EVENT: BEAT THE WINTER BLUES 12:45pm Mixed Pickleball-GYM
 <p>MARTIN LUTHER KING JR. I HAVE A DREAM</p> OFFICES CLOSED	9am Zumba-GYM 10:15am Strength Training-ZOOM 10:15am Kick it Up!-GYM 10am Watercolor-ZOOM 11am News & Your Views-MTG ROOM 11:30am Hanging with Heidi-A&C RM 11:30am Balance & Stretch-GYM 12:45pm Beg/Inter 1 Pickleball-GYM 1pm CRAFTY CREATIONS I: VALENTINE'S DAY CARD MAKING	Country Line Dancing-cancelled 9am Pilates-FH 10am Knitting-A&C ROOM 10:15am Intermediate Cardio-GYM 10:15am Warrior Workout-FH 11:30am Cardio Wellness-GYM 12:45pm Inter/Adv 2 Pickleball	9am Tai Chi-GYM 9am One More Rep-ZOOM 10am Coffee & Conversation-MTG RM 10:15am Kick it Up!-GYM 11:30am Chair Yoga-ZOOM 11:30am Balance & Stretch-GYM 11:30am Ping Pong/Pool-MP3 RM 12:45pm Beg/Inter 1 Pickleball-GYM 1pm Sketching with Frank-ZOOM 1pm LECTURE: OLD TIME BASEBALL MEMORIES	CHINESE NEW YEAR EVENT YEAR OF THE SNAKE 11:30am-2:30pm NO PROGRAMS
9am Cardio Variety-GYM 9am Gentle Yoga-ZOOM 10am Acrylic Painting with Fran-A&C RM 10:15am Total Body Workout-GYM 10:15am Intermediate Cardio-FH 11:30am Ballroom Dance-GYM 11:30am Cardio Wellness-FH 11:30am Mahjong-MTG RM 12:45pm Inter/Adv 2 Pickleball-GYM	9am Zumba-GYM 10:15am Strength Training-ZOOM 10:15am Kick it Up!-GYM 10am Watercolor-ZOOM 11am News & Your Views-MTG ROOM 11:30am Hanging with Heidi-A&C RM 11:30am Balance & Stretch-GYM 12:45pm Beg/Inter 1 Pickleball-GYM	8:30am Line Dancing Beginner Lessons 9am Country Line Dancing-GYM 9am Pilates-FH 10am Knitting-A&C ROOM 10:15am Intermediate Cardio-GYM 10:15am Warrior Workout-FH 11:30am Cardio Wellness-GYM 12:45pm Inter/Adv 2 Pickleball 1pm DISCUSSION GROUP: TRANSITIONS-MTG RM	9am Tai Chi-GYM 9am One More Rep-ZOOM 10am Coffee & Conversation-MTG RM 10:15am Kick it Up!-GYM 11:30am Chair Yoga-ZOOM 11:30am Balance & Stretch-GYM 11:30am Ping Pong/Pool-MP3 RM 12:45pm Beg/Inter 1 Pickleball-GYM 1pm Sketching with Frank-ZOOM 1pm LECTURE: LUNCH & LEARN GUIDED KNEE INJECTIONS	9am Wake Up with Yoga-GYM (Susan) FIRST CLASS! 10am Canasta/Bridge/Cards-MTG RM 10:15am Total Body Workout-GYM 11:30am Get Fit While You Sit-GYM 12:30pm Bring Your Game-MTG RM 12:30pm BAGELS & BINGO 12:45pm Mixed Pickleball-GYM

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