



# SENIOR AQUACISE PROGRAM

Join your fitness friends at the Pool and participate in a unique Senior Aquacise experience! The program will be led by fitness instructors to keep you moving!

Township of North Brunswick

Department of Parks, Recreation, & Community Services

**Classes begin  
Tuesday, October 1st  
(no class on Oct 3rd)**

**Tuesdays  
Thursdays**

**2:45 pm-3:45 pm**

**Classes end  
Tuesday, October 29<sup>th</sup>**

**Register at the  
Senior Center  
15 Linwood Place  
\$20.00/annual pass  
732-418-2222**

**CLASSES ARE HELD AT THE  
NORTH BRUNSWICK  
HIGH SCHOOL POOL**

98 Raider Road  
North Brunswick, NJ