

# Borough of Lavallette Recreation Programs

Winter & Spring Schedule. Classes are \$5per person



Aerobics

Monday, Wednesday, & Friday 4pm  
Tuesday & Thursday 9:00am  
Union Church



Tai-Chi

Tuesday 10:00am  
Lavallette First Aid Squad



Zumba

Mondays 6pm  
Lavallette School



Yoga

Tuesday & Thursday 6pm  
Union Church



Karate

Wednesdays 6-8pm  
Lavallette School

**INSANITY**

Insanity

Monday 7-8pm Tuesday 6-7pm & Thursday 7-8pm  
Lavallette School

Please note that Squad and Borough use of the First Aid Building have Priority on nights that conflict (ex. Meeting Dates, Election Day)

Updates and changes available at [www.lavallette.org](http://www.lavallette.org)

05/12/2017