



SINCE 1844

ROCKAWAY TOWNSHIP

SIXTY-FIVE MOUNT HOPE ROAD, ROCKAWAY, NEW JERSEY 07866-1699
973-627-7200 ext. 2057

DEPARTMENT OF RECREATION

Tuesday Adult Exercise

Late Winter 2026

Low Impact Aerobics 10:00 – 10:45am

Includes warm-up, stretching, balance awareness, cardio routine, muscle strengthening using hand weights and followed by cool down/relaxation.

Chair Yoga 11:00 – 11:45am

Includes stretching, basic postures, breathing & meditations.

March 10, 17, 24, 31

April 7, 14, 21, 28

Adult Exercise takes place at the Senior Center 19 Mt. Hope Road, Rockaway

All class dates are subject to change.

Registration opens on March 2, 2026

Class size is limited to 20 per class

Please visit the Rockaway Township Division of Recreation to register.

All classes are \$25.00 for the session and open to all residents in all communities.

Checks payable to: R.T. MAC

Call the Division of Recreation with Questions at 973-983-2841