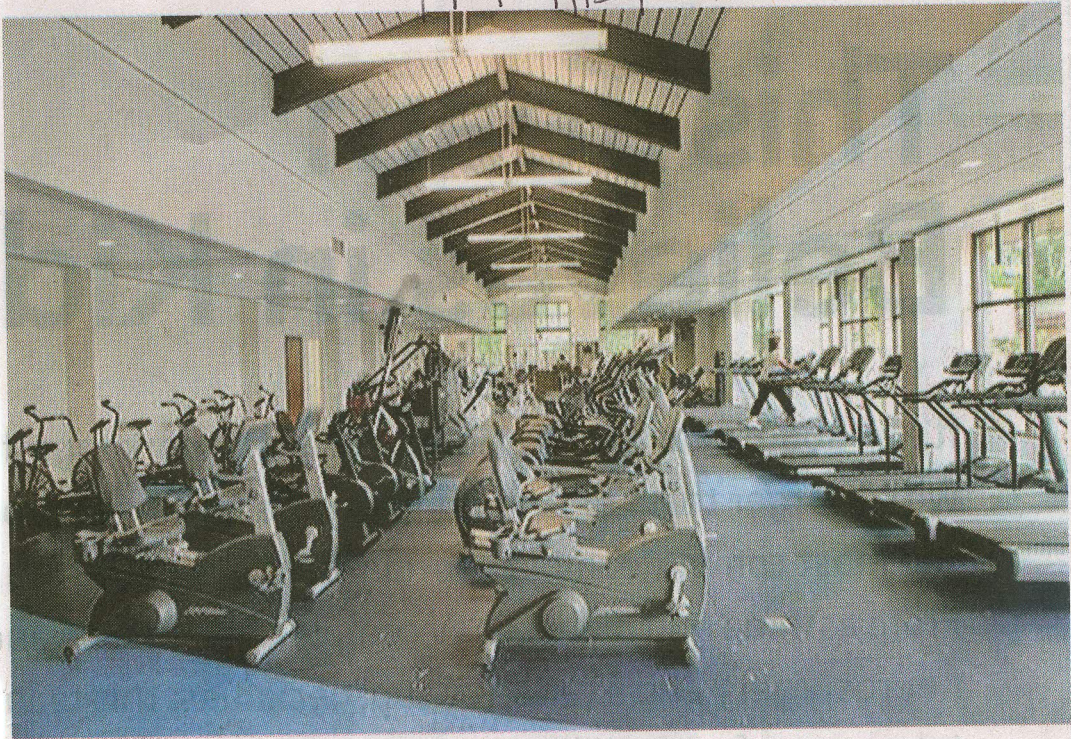


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Brookdale's new fitness center will offer free memberships to students.

Brookdale Students Get A Bonus: Free Fitness Center Membership

BROOKDALE COMMUNITY COLLEGE'S Spring 15 week semester begins Jan. 18 with a special bonus for registered students – free membership in the college's new Fitness Center.

"This is something our students asked about during a special speak out session last semester. We listened to their input and have made it happen in time for the Spring semester," said Richard Pfeffer, acting dean-enrollment development and student affairs.

The center's mission is to provide a safe and friendly workout environment supported by professional serv-

ices that promote life-long health and awareness. Community memberships are available to those not presently enrolled in college credit classes. Daily memberships are also available.

The Fitness Center is located at the Lincroft main campus adjacent to the Robert J. Collins Arena. It is part of the Brookdale Conference, Events and Recreation Center (BREC) and is open seven days a week year round including most major holidays. An indoor track is available in the Arena. The workout equipment and classes are held in the BREC building. The wide variety of exercise equipment

is from Life Fitness, Cybex, and Hammer Strength.

New classes for the Spring 15 semester include scheduled fitness and workout classes, kickboxing, two levels of yoga, health and weight management, karate self-defense, tai chi. Registration for the classes is currently underway with fee information available at web advisor. For an additional cost to members, group exercise classes are also available and include popular courses such as Zumba, The Power Hour, Wake-Up Yoga and kickboxing.

Registration for all Brookdale college classes is ongoing. Call (732) 224-1857 for information.