



# Regency at Monroe Pickleball Club

Come Pickle with **US!**

## Winter Weather Giving You the Chills?

Come in from the cold, warm up, and enjoy an evening of **Friendship, Food, Fun, and Learning** how to keep yourself personally fit.

This special event is being presented by **Dr. Anne Clark**, founder and owner of Clark Fitness Training and Physical Therapy (CFT). Her Clark Fitness classes are highly regarded here at Regency and are well attended.



Dr. Clark is a graduate of Rutgers University, has her Doctoral degree in Physical Therapy from Neumann University, and is an active member of the NJ Chapter of the American Physical Therapy Association (APTA). As a fitness enthusiast and instructor for over 30 years, Dr. Clark will be working with club members to focus them on the importance of personal fitness and help improve their:

- **Agility**
- **Flexibility**
- **Mobility**
- **Balance**

**When:** Friday, February 28, 2025

**Where:** The Regency Tennis Pavilion

**Time:** 6:00 PM-7:30ish PM

**Snacks:** Pizza will be served + BYO beverage

**Fun and Games:** Test your knowledge with **Pickleball Trivia**

The event is shaping up to be awesome, so don't miss out. Be sure to register by February 18, 2025, at: [regencyatmonroepickleballclub.org](https://regencyatmonroepickleballclub.org).