

“NEW”

Lean and Fit



**Winter 2018
Session I**

Challenge your entire body with strength-training movements, body-defining exercises using both bodyweight and dumbbells to achieve a lean and toned body.

**Who: Adults 18 and older
Monroe Township Residents ONLY!**

Where: Monroe Community Center

When: Tuesdays—8:30am-9:30am

**Jan. 2, 9, 16, 23, 30
Feb. 6, 13, 20**

**Fee: \$ 40.00
Check payable to: Amanda Mancini**



Registration can be done online at register.communitypass.net/monroetownship—All checks or money orders must be mailed or dropped off to the Community Center no later than 1 week prior to start of program: 120 Monmouth Road, Monroe Township, NJ 08831



**Register online at
register.communitypass.net/monroetownship
or at the
Monroe Township Community Center.
Open 7 days a week, 8:00am-9:00pm**

Any questions, please contact: Monroe Rec. Center 732-723-5000

Photo Policy—By registering you/your child you give permission for photos to be taken that may be used by the township or invited media. If you do not wish you/your child to be included in such photographs, you must submit this request in writing with your registration.