

“NEW”

PURE FITNESS

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Winter 2018 Session I

Ignite your metabolism and burn calories, while building internal strength, and improving your flexibility, agility, and endurance. This workout will include cardio intervals, strength and bodyweight exercises with a strong focus on strengthening the core area. For all fitness levels.

Who: Adults 18 and older
Monroe Twp. Residents Only

Where: Monroe Township Community Center

When: Wednesday Mornings
Jan. 3, 10, 17, 24, 31 Feb. 7, 14, 21

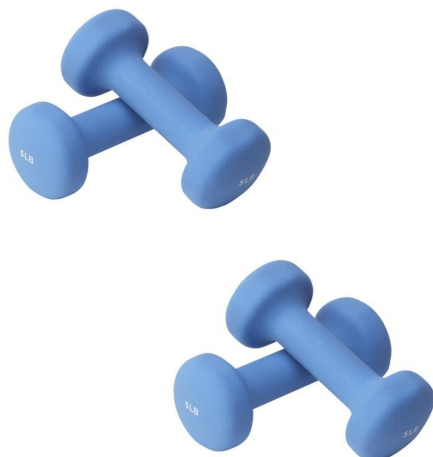
Time: 9:30am—10:30am

Fee: \$40 - Make 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

Instructor: Amanda Mancini



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.*