

Strength Training and Wellness

GROUP PERSONAL TRAINING CLASS
By AFAA Certified Personal Trainer Bob Ambrosini

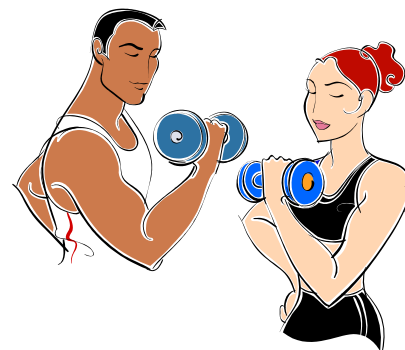
Improve strength and balance, firm your body and lose weight through a series of weight training sessions. Designed for individuals who would like the benefit of working with a personal trainer to achieve their health and fitness objectives in a fun and interactive group setting.

Who: Monroe Residents—18 years old & over

Where: Monroe Township Community Center

When: Mondays & Thursdays
 9:30am—10:30am

Fee: \$40 - (8 sessions)—Group Personal Training
 Make check payable to: Monroe Recreation



Must have valid Monroe Township Community Center I.D. to register

April 21, 25
May 2, 5, 9, 12, 19, 26

*****BRING YOUR OWN MATS!!!!*****

Any questions call (732) 723-5000 Bob Ambrosini Certified Personal Trainer

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.

Strength Training and Wellness — Spring II 2016

Name	
Address	
Phone	
Email	

COMMUNITY CENTER USE:					
Fees Collected	\$	Check #		Staff Initials	Date