

# ULTIMATE FITNESS

## MONDAYS

### Fall 2017/18—Session II

Challenge yourself with this innovative ultimate workout routine. For one hour, you will have a minute to win it as you push your body for 60 second intervals.

Who: High School Students and Adults  
Monroe Township Residents Only

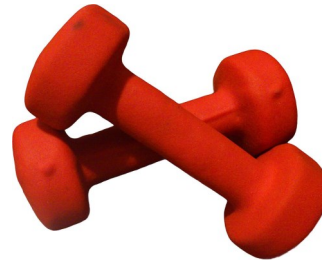
Where: Monroe Township Community Center

When: **Mondays**  
Dec. 11, 18  
Jan. 15, 22, 29  
Feb. 5, 12, 19

Time: 6:30pm—7:30pm

Fee: \$40 - Make check payable to: Bernard Mitchell

*Registration can be done online at [register.communitypass.net/monroetownship](http://register.communitypass.net/monroetownship)—All checks or money orders must be mailed or dropped off to the Community Center no later than 2 weeks prior to start of program: 120 Monmouth Road, Monroe Township, NJ 08831*



**Instructor: Bernard Mitchell**

**Register online at**  
**[register.communitypass.net/monroetownship](http://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.*