

ULTIMATE FITNESS



MONDAYS



Fall 2019—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
Auxiliary Gym

When: **Mondays**
December 30
January 6, 13, 20, 27
February 3, 10, 17



Time: 6:30pm—7:30pm

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 2 weeks 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.