

ULTIMATE FITNESS

MONDAYS

Spring 2018—Session I

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

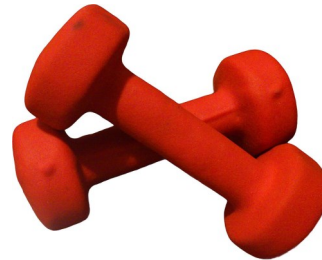
Where: Monroe Township Community Center

When: **Mondays**
April 23, 30
May 7, 14, 21
June 4, 11, 18

Time: 6:30pm—7:30pm

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

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



Instructor: Bernard Mitchell

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.*