

ULTIMATE FITNESS

THURSDAYS

Winter 2018—Session I

Challenge yourself with this innovative ultimate workout routine! In this class, you will focus on building lean muscle and improving your overall physique.

Who: High School Students and Adults
Monroe Township Residents Only

Where: Monroe Township Community Center

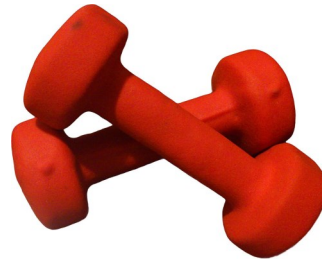
When: **Thursdays**
Jan. 25
Feb. 8, 15, 22
Mar. 1, 8, 15, 22

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.*