

MONROE PARKS & RECREATION WITH GYMGUYZ

PRESENT:



Teen Fitness

EVERY TUESDAY
5:30-6:30PM
APRIL 16 - JUNE 4, 2024

#CHANGESTARTSNOW

MAXIMIZE GAINS, MINIMIZE RISKS! JOIN GYMGUYZ FOR EXPERT INSTRUCTION ON USING GYM EQUIPMENT SAFELY AND EFFECTIVELY. PROGRAM INCORPORATES EXERCISE INSTRUCTION & HEALTH/NUTRITION ENRICHMENT.

BENEFITS:

- IMPROVE MENTAL HEALTH
- STRESS REDUCTION
- SOCIAL ENGAGEMENT
- IMPROVE SLEEP QUALITY
- BOOST SELF CONFIDENCE
- ACCESS TO GYMGUYZ APP

\$75 FOR 8 WEEKS
AGES 12-18
ALL SKILL LEVELS

REGISTER AT:

[HTTPS://REGISTER.COMMUNITYPASS.NET/MONROETOWNSHIP](https://register.communitypass.net/monroetownship)

CONTACT US:

GREATERMIDDLESEXCOUNTY
@GYMGUYZ.COM



MONROE COMMUNITY CENTER
120 MONMOUTH ROAD, MONROE
TOWNSHIP NJ 08831

GYMGUYZ
#1 IN HOME PERSONAL TRAINING®

