

Manalapan Parks and Recreation presents:



Adult Walking & Running for Fitness

Beginner and Intermediate training groups!

Saturdays 8:00 a.m. - 9:00 a.m.

Begins February 4 for 8 sessions

Held at the Manalapan High School track; 30 Church Lane, Manalapan

Program will be held indoors at the HS in inclement weather



Registrants must be 18 years of age or older.

- Begin a personal walking or running program
- Establish your own personal fitness routine
- Training for all ability levels (from beginner to advanced)
- Fun opportunity to relieve stress, and tone up
- Race preparation (if that's your goal)
- You deserve to do something for yourself!
- Learn the psychology of exercise

The program will be instructed by Bob and Kristin Andrews; runners, coaches & personal fitness trainers

Fee is \$75.00 per person.

Registrants should bring water to each session.

Credit Card registration is accepted online only!

<https://register.communitypass.net/manalapan> OR

Mail registration to: 120 Route 522, Manalapan OR

Register in person at the Manalapan Parks and Recreation office, 93 Freehold Road

All fees are non-refundable.

For more information go to WWW.MTNJ.ORG

Please visit WWW.MTNJ.ORG and sign up for Manalapan Township Email alerts
to receive the latest information about Manalapan Township!



Mayors Wellness Campaign
Put your community in motion.

Recreation keeps you fit for life!