

# Manalapan Recreation is proud to offer



**Our results driven program is one that combines effective strength and conditioning exercises with nutritional guidance.**

**Led by certified trainers and strength/conditioning coaches:**

**Walter Patterson  
IYCA; USAW; NSCA**

**Christina Gallon  
IYCA; USAW; NASM**

**Our program *guarantees* that you will:**

- Lose Weight
- Gain Muscle
- Improve your overall health
- Improve Coordination
- Increase Flexibility
- Get stronger

**All equipment provided.**

**Morning classes held at the Manalapan Recreation Center Kuschick Pavilion  
Evening classes held at the Taylor Mills School gym.**

## **Advanced Boot Camp:**

Through use of your own body weight, dumbbells, kettlebells, bands and other equipment,  
you will progress to new strength and fitness levels!



Monday//Friday	9:00 a.m.
Monday/Wednesday	7:00 p.m.
Saturday	8:30 a.m.



**Program begins January 23, 2012**

**Registration for 6 week program (all sessions 60 minutes):**

**2 sessions/week: \$180.00      Unlimited sessions/week & nutritional planning: \$225.00**

**For registration information go to [WWW.MTNJ.ORG](http://WWW.MTNJ.ORG)**

Credit Card registration accepted online only: <https://register.communitypass.net/manalapan>

Registration will also be accepted by mail: Manalapan Recreation, 120 Route 522, Manalapan 07726

Or at the Manalapan Parks and Recreation office, 93 Freehold Road

All fees are non-refundable

**Recreation | keeps you fit for life!**

