

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

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!

