Manalapan Recreation is proud to offer

United Strength Systems

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 **Christine Gallon**

Our program *guarantees* that you will:

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

All equipment provided. Classes held at the Manalapan Recreation Center.

Registration for 6 week program (all sessions 60 minutes): 2 sessions/week: $180.00

3 sessions/week: $225.00

Classes offered :

Monday/ Wednesday/Friday	**9:00 a.m.**
Monday/Wednesday	**5:00 p.m.**
Saturday	**8:30 a.m.**

Session begins March 2, 2011

For registration information go to WWW.MTNJ.ORG

Credit Card accepted on line only: https://register.communitypass.net/manalapan

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

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

Recreation keeps you fit for life!