

SATURDAY MORNING BOOT CAMP

Winter 2012

Circuit training is an efficient and challenging form of conditioning. It works well for developing strength, aerobic and anaerobic endurance, flexibility and coordination. This fun 1 hour boot camp consists of 12-14 exercise stations that will challenge your total body. Move from station to station every 60 seconds until the circuit is complete. Each circuit is repeated 3 times. Equipment will be provided.

Who: Monroe Twp. Residents Only
H.S. Students and Adults

Where: Monroe Community Center

When: Saturdays Session #1 8:30am-9:30am
Session #2 9:30am-10:30am

January 28
February 4, 11, 25
March 3, 10, 24, 31

Fee: \$40 - Make check payable to:
Monroe Recreation

*Instructor: Bob Ambrosini
Certified Personal Trainer*

**Must have valid
Monroe Township
Community Center I.D.
to register**



Photo Policy—By registering you/your child you give permission for photos to be taken that may be used by the township or invited media. If you do not wish you/your child to be included in such photographs, you must submit this request in writing with your registration.

Saturday Morning Boot Camp Winter 2012

Name		
Address		
Phone		
Email		
Circle Class	Session # 1 8:30am - 9:30am	Session # 2 9:30—10:30am

Community Center Use:

Fees Collected:	Check #:	Staff Initials:	Date:
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