

Strength Training and Wellness

GROUP PERSONAL TRAINING CLASS By AFAA Certified Personal Trainer Bob Ambrosini

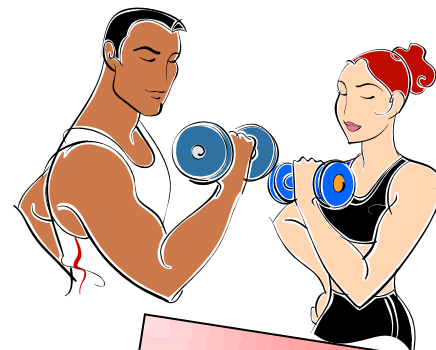
Improve strength and balance, firm your body and lose weight through a series of weight training sessions. Designed for individuals who would like the benefit of working with a personal trainer to achieve their health and fitness objectives in a fun and interactive group setting.

Who: Monroe Residents—High School Students & Adults

Where: Monroe Township Community Center

When: Monday & Thursday
 Session #1 9:30am-10:30am
 Session #2 6:30pm-7:30pm
 Session #3 7:30pm-8:30pm

Fee: \$80 - (16 sessions)—Group Personal Training
 Make check payable to: Monroe Recreation



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

Register at the Community Center
 M/F 8AM—9PM
 SAT/SUN 8AM—9PM

January 26, 30
February 2, 6, 9, 13, 27
March 1, 5, 8, 12, 15, 19, 22, 26, 29

*****BRING YOUR OWN MATS!!!!*****

Any questions call (732) 723-5000 Bob Ambrosini — Certified Personal Trainer

Strength Training and Wellness — Winter 2012

Name			
Address			
Phone			
Email			
Circle Class	Session #1 9:30am - 10:30am	Session #2 6:30pm - 7:30pm	Session #3 7:30pm—8:30pm

COMMUNITY CENTER USE:					
Fees Collected	\$	Check #	Staff Initials	Date	