

Manalapan Parks and Recreation presents  
**Tone Up Tuesdays**



**Core Conditioning Classes with Kristine**

A strong flexible core can help!  
Develop your core fitness through a functional workout program.  
Core fitness can benefit people of all fitness levels.  
Reverse the effects of prolonged sitting and ward off lower back pain  
by improving posture; develop better balance and stability.

Feel stronger this spring!!

**Tuesdays, 7:30 p.m. beginning September 24**

\$70.00 for 8 classes

Open to ages 15 and older

Class minimum is 5; maximum is 12

No program October 8 & 22

Held at the Kuschick Pavilion

located within the Manalapan Recreation Center

Register online at:

**[HTTPS://REGISTER.COMMUNITYPASS.NET/MANALAPAN](https://register.communitypass.net/manalapan)**  
Or register with cash/check at the Recreation office: 93 Freehold Rd.

Kristine Scharaldi is a certified group fitness instructor.

