

Manalapan Parks and Recreation presents

Tone Up Thursdays



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!!

Thursdays, 7:30 p.m.
beginning June 6

\$35.00 for 4 classes
Open to ages 15 and older
Class minimum is 5;
maximum is 12
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.

