

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 March 26**

\$50.00 for 6 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.