

Manalapan Recreation is proud to offer

TRUE

STRENGTH AND CONDITIONING

Join us for a FREE TRIAL WEEK!

September 13-18!

New 6 week session will begin week of September 20.

TRUE Strength and Sport Conditioning Camps focus on increasing:

- Strength
- Coordination
- Agility
- Speed
- Lean Body Mass
- Flexibility
- Balance
- Energy



Both Camps utilize properly applied body weight exercises, kettlebell exercises, speed and agility drills and much more!

All equipment provided. Classes held at the Manalapan Recreation Center.

Registration for 6 week program (all sessions 60 minutes):
2 sessions/week: \$180.00
3 sessions/week: \$225.00

TRUE Strength Camp:

Monday/Wednesday/Friday – 9am & 10am

Wednesday – 6pm

Saturday 8:30 am

TRUE Sport Conditioning Camp:

Tuesday/Thursday (ages 8-12) – 4pm

Tuesday/Thursday (ages 13-18) – 5pm

Saturday (ages 8-12) 9:30 am

Saturday (ages 13-18) – 10:30 am

For registration information go to WWW.MTNJ.ORG

Credit Card accepted on line only: <https://register.communitypass.net/manalapan>

Registration will be accepted by mail at 120 route 522, Manalapan 07726

Or at the Manalapan Parks and Recreation office, 93 Freehold Road

Please note: Recreation office will be closed on Fridays in September due to budgetary constraints.

If you have any program questions, visit www.truestrengthconditioning.com