

Manalapan Parks and Recreation presents:



Adult Running & Walking for Fitness!

Mondays & Wednesdays; 6:00 p.m. - 7:00 p.m.

Begins September 7th (No program 9/8 due to Jewish Holiday)
then Sept. 13th through October 11th (10 classes)

Instructed by Bob Andrews: runner, coach & personal fitness trainer

- Begin a personal running or walking program
- Establish your own personal fitness routine
- Training for all ability levels (from beginner to advanced)
- Fun opportunity to relieve stress and tone up
- Race preparation (if that's your goal)
- Learn the psychology of exercise



Fee is \$75 per person. Registrants must be 18 years of age or older.
Registrants should bring water to each session.

All sessions will meet at the
Manalapan Recreation Center's Kuschick Pavilion

Credit Card registration 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 Fridays in September due to budgetary constraints.

For more information go to WWW.MTNJ.ORG
Please visit WWW.MTNJ.ORG and sign up for Manalapan Township Email alerts
to receive the latest information about Manalapan Township!
Recreation keeps you fit for life!