



Manalapan Parks and Recreation Presents:

# **COVID COUCH TO 5K CHALLENGE**

*11 Week prep program for Manalapan First Responder 5K!*



**Open to adults looking to improve their fitness**

**July 19 - October 2**

Registrants eligible for discounted rate for First Responder 5K event on October 3, 2021!

**All Participants receive a T-Shirt**

**Group will meet on Mondays at 7 pm at the MRC for a workout  
and to receive that week's training plan (to do at home)**

**\$40 per person**

Minimum of 6 needed to hold program

**REGISTER ON LINE!**



Credit Card payments accepted at: <https://register.communitypass.net/Manalapan>

Mail in: Manalapan Recreation, 120 Route 522, Manalapan

Drop off: 93 Freehold Road, Manalapan (drop box at front door)

**Manalapan residents only. All programs are non-refundable.**

Recreation keeps you fit for life!



Mayors Wellness Campaign  
Put your community in motion.