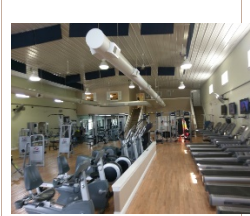


# Mfit Gym

the family fitness center



## Gym Membership

Includes any day of the week/weekend

From 4am-12am with access card. Check website for staffed hours (no access card needed). [www.mfitnj.com](http://www.mfitnj.com)



## Teen Core-fit Class

50 minute class led by a certified personal trainer

Tuesday and Thursday 6p-6:50p. Each week there is a new focus. This workout will increase stamina, strength and overall fitness while working on teamwork through our obstacle courses. Will use Synergy and Spin bikes throughout the program to provide variety and extra challenges.

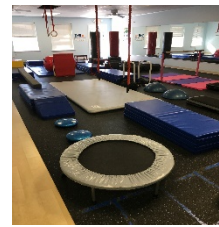


## Price for program

\$40 a month includes membership and two classes per

Week. Parents will receive a discount daily rate of \$5 to work out while their teen is in class. Or enjoy a discounted membership of \$33 month for a full gym membership.

Must mention this promotion to get discount.



## Core-fit for TEENS

94 Route 50, Oceanview, NJ Phone: 938-1970

