

Please join us in our next “Core for a Cause” event,

The CORE FITNESS

MONSTER CIRCUIT

100% proceeds to benefit



helping those affected by cancer when they need it most.

www.stompthemonster.org

Friday, January 31st, 7:00pm

50 STATIONS including a huge variety of functional training equipment such as **battling ropes, kettle bells, medicine balls, agility ladders, TRX bands and much more!**

Participants of every fitness level are encouraged to participate, as modifications of all exercises will be demonstrated.

Don't miss your chance to get fit while helping an amazing charity!

Reserve your spot for \$20.00 at

www.CoreFitnessGroupTraining.com



37 Kanes Lane
Middletown, NJ 07758
(732)671-4030