



Red Bank Parks and Rec Presents:

Couch Potato To 5K



An intro to running program for adults.

Mondays and Wednesdays Beginning March
25th 7PM at East Side Park

Want to change your whole life? Here is the class that will surely do it. This program is for adults who want to run a 5K race. It is designed for those of us who have not been exercising very much in recent history and need a little motivation.

The environment is fun, positive and non-intimidating. We will start off with a slow, short distance and gradually build up to complete a local 5K race. The pace will proceed at a level that is comfortable and safe, geared to less-than-active adults.

Cost is \$35 per person and classes will occur at East Side Park.

Advanced registration is required online or at the Recreation office. Please call
732 530 2782 for questions.