



Manalapan Parks & Recreation Adult Hula Hoop Fitness 2019

Dance and exercise with hoop maneuvers



New Glitter Hoops session beginning Monday, January 28!



Adults - Mondays, 7:00 pm - 8:00 p.m.

New spin on fitness!

**Tone and strengthen your entire body
while increasing your energy, flexibility, and confidence.**

Sessions are low impact cardio workouts.

Participants burn 400-600 calories an hour.

Fee for the 6 week session is \$40.00

All classes instructed by Agnes Carbone, Hoopnotica certified

Classes meet for 6 weeks and will be held at the

Taylor's Mills School Gym

77 Gordon Corners Road – Manalapan

Hoops will be provided by the instructor.

A minimum of 6 participants is needed to run the class.

Register online at <https://register.communitypass.net/Manalapan>

Download a registration form at www.mtnj.org

Mail registration to: 120 Route 522, Manalapan

Register in person: Manalapan Parks and Recreation office, 93 Freehold Road

All programs are non-refundable.

Recreation keeps you fit for life!

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Manalapan Township Email alerts to receive
the latest information about Manalapan Township!*



Mayors Wellness Campaign
Put your community in motion.