



Manalapan Parks & Recreation Adult Hula Hoop Fitness 2019

Dance and exercise with hoop maneuvers



New Glitter Hoops session beginning Monday March 25th!



**Adults - Mondays, 7:00 pm - 8:00 p.m.
March 25th thru May 6th (no class on April 22nd)**

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
Taylors 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!

Please visit WWW.MTNJ.ORG and sign up for
Manalapan Township Email alerts to receive
the latest information about Manalapan Township!



Moyers Wellness Campaign
Put your community in motion.