



Manalapan Parks & Recreation Adult Hula Hoop Fitness 2019

Dance and exercise with hoop maneuvers



New Glitter Hoops session beginning Monday May 20!



**Adults - Mondays, 7:00 pm - 8:00 p.m.
May 20 thru July 1 (no class on May 27)**

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
Manalapan Recreation Center**

Expansion – Basketball Courts.

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
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