



# Manalapan Parks & Recreation Adult Hula Hoop Fitness 2018

Dance and exercise with hoop maneuvers



**New Glitter Hoops session beginning Monday, November 5th!**



**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  
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](http://www.mtnj.org)

**Mail registration to:** 120 Route 522, Manalapan **Register in person** at the Manalapan  
Parks and Recreation office, 93 Freehold Road **All programs are non-refundable.**

Recreation keeps you fit for life! *Please visit [WWW.MTNJ.ORG](http://WWW.MTNJ.ORG) and sign up for Manalapan Township Email alerts to receive the latest information about Manalapan Township!*

