



Manalapan Parks & Recreation Adult Hula Hoop Fitness 2019

Dance and exercise with hoop maneuvers



Fall Session

Glitter Hoops Fitness session beginning Tuesday, September 17th.



Adults – Tuesdays, 7:00 pm - 8:00 p.m.

September 17 through November 5

No program October 1 and 8

[New spin on fitness!](#)

[Tone and strengthen your entire body
while increasing your energy, flexibility, and confidence.](#)

Classes meet for 6 weeks and will be held in the

Taylor Mills School gymnasium

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

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: Manalapan Recreation, 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!



Mayors Wellness Campaign
Put your community in motion.