



# Manalapan Parks & Recreation Adult Hula Hoop Fitness 2020



Dance and exercise with hoop maneuvers

**Glitter Hoops Fitness winter session begins Tuesday, February 4.**

**Tuesdays, 7:00 - 8:00 p.m.  
6 week session begins February 4**

**New spin on fitness!**  
Tone and strengthen your entire body  
while increasing your energy, flexibility,  
and confidence.

**Held in Taylor Mills School gymnasium**  
Sessions are low impact cardio workouts.  
Participants can burn  
400-600 calories an hour!

**Fee is \$45.00**

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](http://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](http://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.