Manalapan Parks & Recreation
Adult Outdoor Hoop Fitness
Summer 2020

Dance and exercise with hoop maneuvers

Glitter Hoops Fitness Spring session begins Wednesday, July 22

Wednesdays, 7:00 - 8:00 p.m.
6 week session begins July 22

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

Held outdoors at the Manalapan Recreation Center.
Meet at the Dreyer Pavilion.

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
Mail to: Manalapan Recreation, 120 Route 522, Manalapan
Drop box: (offices closed to the public) Manalapan Recreation office, 93 Freehold Rd
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!