Manalapan Parks and Recreation presents
Adult Fitness Programs

New in 2020:
Saturday morning Zumba
Each class is a dance fitness party that includes low and high intensity movements to world rhythms
Zumba is a total workout that combines all elements of fitness—cardio, muscle conditioning, balance and flexibility.
Great for all fitness levels!!
Saturdays, 9:30 am beginning January 11
Held at Pine Brook School Gym
No program January 18, February 15

Fee for each program: $70.00 for 8 classes
Both classes are open to ages 15 and older; Class minimum is 5
Register online at:
HTTPS://REGISTER.COMMUNITYPASS.NET/MANALAPAN
Or register with cash/check at the Recreation office: 93 Freehold Rd.
Kristine Scharaldi is a certified group fitness instructor.

Core Conditioning
A strong flexible core can help!
Develop your core fitness through a functional workout program.
Core fitness can benefit people of all fitness levels.
Reverse the effects of prolonged sitting and ward off lower back pain by improving posture; develop better balance and stability.
Feel stronger this winter!!
Tuesdays, 7:30 p.m. beginning January 7
Held in the Manalapan High School RLA Room
No program February 4