



Manalapan Parks & Recreation Adult Hula Hoop Fitness 2017

Dance and exercise with hoop maneuvers



New Glitter Hoops session beginning September 28!



Adults, Thursdays, 6:30 pm - 7:30 p.m.

Start your day with a 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
Milford Brook School Gym**

20 GloBar Terrace

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: 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 and sign up for
Manalapan Township Email alerts to receive the latest
information about Manalapan Township!



Mayors Wellness Campaign
Put your community in motion.