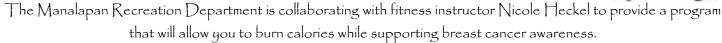


Manalapan Parks and Recreation presents:

October Cardio Fitness!

Save the Tatas!

10% of the proceeds go to breast cancer



Stay fit by walking the 5k trail, doing low intensity weight based exercises, and ending your workouts with Sunset Yoga.

Be a part of our 4 sessions occurring on Wednesdays and Saturdays from October 18 to October 28

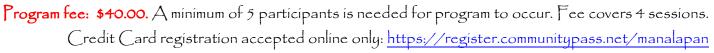
Wednesday classes will run from 5:30-6:15 p.m. Saturday classes will run 9:30 am-10:15 am.

Program will be held in the Manalapan Recreation Center, 120 Route 522.

Participants will meet at the Expansion Pavilion located near Splash pad in the west end of the park Participants should wear good sneakers and comfortable clothing. Strollers are welcomed.

Please bring a water bottle, low weight dumbbells (up to 5 lb), and a mat.

Open to ages 14 and older.



OR mail registration to: 120 Route 522, Manalapan

OR register in person at the Manalapan Parks and Recreation office, 93 Freehold Road All fees are non-refundable



Recreation keeps you fit for life!

