



Manalapan Parks and Recreation presents:

October Cardio Fitness!

Save the Tatas!

10% of the proceeds go to breast cancer



The Manalapan Recreation Department is collaborating with fitness instructor Nicole Heckel to provide a program that will allow you to burn calories while supporting breast cancer awareness.

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.



Program fee: \$40.00. A minimum of 5 participants is needed for program to occur. Fee covers 4 sessions.

Credit Card registration accepted online only: <https://register.communitypass.net/manalapan>

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!

