



Manalapan Parks & Recreation

Adult Glitter Hoops 2016

Dance and exercise with hoop maneuvers



New session beginning October 18th!



Adults, Tuesdays, 10:00-11:00 a.m.

Start your day with a new spin on fitness!

Classes tone and strengthen your entire body while providing you with increased 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 Manalapan Community Center, 114 Route 33 West.

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!

