

Manalapan Parks and Recreation



Presents Virtual

ZUMBA[®]
fitness

Virtual Zumba is a dance fitness party that includes low and high intensity movements to world rhythms. Each class is a total workout that combines all elements of fitness — cardio, muscle conditioning, balance and flexibility.

And it's fun! It's the perfect recipe for fitness at home!

Great for all fitness levels! No dance experience necessary.

It's a great way to get yourself moving during these cold winter days!

6 sessions: Tuesdays: 7:15 – 8:00 pm

Starting January 26

Registration for all 6 classes \$50.00

Classes led by Kristine Scharaldi

Virtual platform information will be provide prior to 1st class

Registration can be done online at: [HTTPS://REGISTER.COMMUNITYPASS.NET/MANALAPAN](https://register.communitypass.net/manalapan)

Or download a registration form at www.mtnj.org,

Mail to: 120 Route 522, Mananalapan NJ 07726

Or drop off at the Manalapan Recreation office 93 Freehold Rd. (drop box located at front door)

