



Manalapan Parks & Recreation Adult Hula Hoop Fitness 2021



Dance and exercise with hoop maneuvers

Glitter Hoops Fitness Spring session begins Thursday, April 8

Thursdays, 7:00 - 8:00 p.m.

6 week session begins April 8

A fun spin on fitness!

Tone and strengthen your entire body while increasing your energy, flexibility and confidence.

Location: Manalapan Recreation Center

Dreyer Pavilion (outdoors)

Sessions are low impact cardio workouts.

Participants can burn
400-600 calories an hour!

Fee is \$50.00

All classes instructed by Agnes Carbone,
Hoopnotica certified

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: Manalapan Recreation, 120 Route 522, Manalapan

Register in person: Manalapan Recreation office, 93 Freehold Road (drop box at door)

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
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