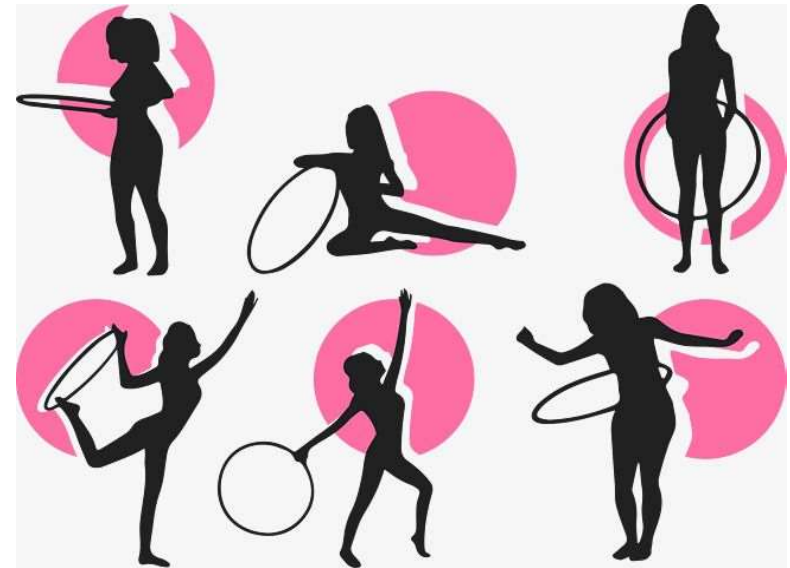


# Manalapan Parks & Recreation Adult Hula Hoop Fitness 2021

Dance and exercise with hoop maneuvers

## Glitter Hoops Fitness Fall Session begins Thursday, September 9



Thursdays, 7:00 - 8:00 p.m. 6-week session begins September 9

A fun spin on fitness!

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

Held at the Manalapan Recreation Center Kuschick 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](http://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](http://WWW.MTNJ.ORG) and sign up for  
Manalapan Township Email alerts to receive  
the latest information about Manalapan Township!



Mayors Wellness Campaign  
Put your community in motion.