

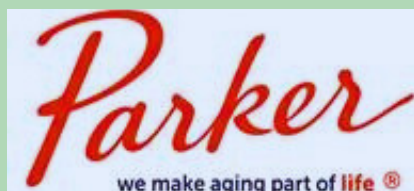


MANALAPAN SENIOR CENTER

WEDNESDAY, FEBRUARY 15, 2025
11:15 AM

KICKBOXING POP UP

KICKBOXING IMPROVES CARDIOVASCULAR HEALTH, BALANCE, AND COORDINATION, AND HELPS BOOST ENERGY. IT CAN ALSO HELP WITH STRESS RELIEF AND MENTAL FOCUS. COME JOIN US AS WE LEARN A GREAT WAY TO CONNECT OUR BRAIN TO OUR ENTIRE BODY.



MANALAPAN COMMUNITY CTR
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Register by 2/14 in person
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