



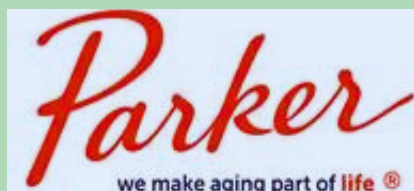
# MANALAPAN SENIOR CENTER

**WEDNESDAY, FEBRUARY 19, 2025  
11:15 AM**

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## 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  
114 RT. 33 WEST  
Register by 2/14 in person  
or call 732-446-8401**