



MANALAPAN SENIOR CENTER

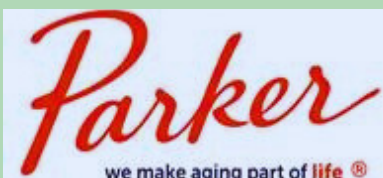
TUESDAY, AUGUST 26 AT 11:15 AM
THURSDAY, AUGUST 28 AT 11:15 AM

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
114 RT. 33 WEST



Register in person or call 732-446-8401
by 8/5 as space is limited