



MANALAPAN SENIOR CENTER

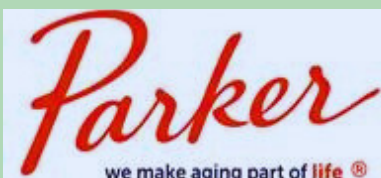
TUESDAY, OCTOBER 21 AT 11:15 AM

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 9/19 as space is limited**