



MANALAPAN SENIOR CENTER

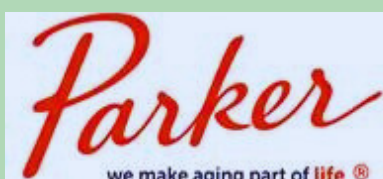
WEDNESDAY, JANUARY 28 AT 11:45 AM

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