



MANALAPAN SENIOR CENTER

WEDNESDAY, JULY 1 - 9:30 AM

Pop Up - Kickboxing with Starr

KICKBOXING IMPROVES CARDIOVASCULAR HEALTH, BALANCE, 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 CENTER
114 RT. 33 WEST



Register in person
or call 732-446-8401
**Must sign Parker waiver
to participate **