

NEW

# FUN FITNESS CLASS

with Kristine



**Thursday, October 1st**  
**11:00am-12:00pm**

**LOCATION:**  
**MANALAPAN COMMUNITY CENTER**  
**114 RT. 33 WEST, MANALAPAN, NJ**

*This integrated group fitness program blends **low-impact cardio**, **strength** and **balance training** in a **playful and friendly social environment**.*

*Participants will engage in a variety of games, drills and activities in partners and groups to support **functional movement patterns**, **agility**, and **MORE!***

## PHYSICAL BENEFITS



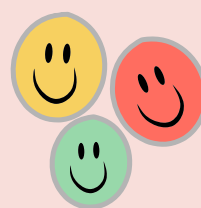
- *increase energy*
- *cardiovascular health*
- *enhance bone and muscle strength*
- *improve balance and core stability*

## MENTAL BENEFITS



- *improve mood*
- *reduce stress*
- *cognitive challenge*
- *maintain and build body confidence*

## SOCIAL BENEFITS



- *build friendships*
- *encouragement and support*
- *group accountability*
- *combat loneliness*



**PRE-REGISTRATION REQUIRED**  
**IN PERSON OR CALL 732-446-8401**