

# Manalapan Parks and Recreation presents Adult Fitness Programs



New in 2020:

## Saturday morning Zumba

Each class is a dance fitness party that includes low and high intensity movements to world rhythms

Zumba is a total workout that combines all elements of fitness – cardio, muscle conditioning, balance and flexibility.

Great for all fitness levels!!

**Saturdays, 9:30 am. beginning January 11**

No program January 18, February 15



## Core Conditioning

A strong flexible core can help!

Develop your core fitness through a functional workout program.

Core fitness can benefit people of all fitness levels.

Reverse the effects of prolonged sitting and ward off lower back pain by improving posture; develop better balance and stability.

Feel stronger this winter!!

**Tuesdays, 7:30 p.m. beginning January 7**

No program February 4



**Fee for each program: \$70.00 for 8 classes**

Both classes are open to ages 15 and older; Class minimum is 5

Held at the Pine Brook School Old Gym (with stage)

Register online at:

[HTTPS://REGISTER.COMMUNITYPASS.NET/MANALAPAN](https://register.communitypass.net/manalapan)

Or register with cash/check at the Recreation office: 93 Freehold Rd.

Kristine Scharaldi is a certified group fitness instructor.