



Manalapan Parks & Recreation Adult Outdoor Hoop Fitness Fall 2020



Dance and exercise with hoop maneuvers

Glitter Hoops Fitness Spring session begins Tuesday, September 16



**Wednesdays, 7:00 - 8:00 p.m.
6 week session begins September 16**

New spin on fitness!

Tone and strengthen your entire body
while increasing your energy,
flexibility, and confidence.

**Held outdoors at the
Manalapan Recreation Center.
Meet at the Dreyer Pavilion.**

Sessions are low impact cardio workouts.

Participants can burn
400-600 calories an hour!

Fee is \$45.00

All classes instructed by Agnes Carbone,
Hoopnotica certified

Hoops will be provided by the instructor.
A minimum of 6 participants
is needed to run the class.

Register online at

<https://register.communitypass.net/Manalapan>

Download a registration form at www.mtnj.org

Mail to: Manalapan Recreation,
120 Route 522, Manalapan

Drop box: (offices closed to the public)
Manalapan Recreation office, 93 Freehold Rd

All programs are non-refundable.

Recreation keeps you fit for life!

*Please visit WWW.MTNJ.ORG and sign up for
Manalapan Township Email alerts to receive
the latest information about Manalapan Township!*