



Manalapan Parks & Recreation Adult Hula Hoop Fitness 2021

Dance and exercise with hoop maneuvers

Glitter Hoops Fitness Summer session begins

Thursday, June 17

Thursdays, 7:00 - 8:00 p.m. 6-week session begins June 17

A fun spin on fitness!

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

Location: Manalapan Recreation Center Dreyer Pavilion (outdoors)

Sessions are low impact cardio workouts.

Participants can burn 400-600 calories an hour! Fee is \$50.00

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 registration to: Manalapan Recreation, 120 Route 522, Manalapan

Register in person: Manalapan Recreation office, 93 Freehold Road (drop box at door)

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!

