

North Brunswick Parks & Recreation

Adult Hula Hoop Fitness 2022

Dance and exercise with hoop maneuvers

**New Glitter Hoops session beginning
Wednesday**

**September 7th, 14th, 21st, 28th *No Class October 5th*
Classes Resume October 12th & 19th.**



Adults - Wednesday, 7:00pm till 8:00 p.m.

New spin on fitness!

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

**Classes meet for 6 weeks and will be held at the
North Brunswick Senior Center
15 Linwood Place
North Brunswick Township NJ, 08902
Side Glass door Entrance**

Sessions are low impact cardio workouts.
Participants burn 400-600 calories an hour.

Fee for the 6 week session is \$55

All classes taught by Agnes Carbone, Hoopnotica Certified Instructor

Hoops will be provided by the instructor. (For class use)

Register online at : <http://register.communitypass.net/northbrunswicktownship>