

# Manalapan Parks and Recreation Adult Yoga Program

**Adult Classes:** Mondays at 5:15 p.m. (Level 1) – 10 week session (1 hr class)  
Mondays at 6:15 p.m. (Level 2) – 10 week session (1 hr class)  
Mondays at 7:15 p.m. (Gentle Yoga) – 10 week session (45 minute class)

*GENTLE YOGA is a complete and practical guide for beginners and those who want to take it a little easier. Alignment principles, gentle breathing techniques, and basic poses will be taught at a slow pace for all levels of student*

## **Fees:**

**1 hour class: \$100 for a Manalapan resident/ \$130 for non-resident**  
**45 min. class: \$75 for a Manalapan resident/ \$100 for non-resident**  
**Registrants must be 18 years of age or older**



**Classes will be held at the  
Manalapan Senior Center on Route 522.  
Monday classes begin November 21**

**A minimum of 6 registrants/maximum of 12  
is needed to run class.**

## **REGISTER ON LINE!**

**Credit Card payments accepted at  
<https://register.communitypass.net/Manalapan>  
Or to download a registration for mail in.  
Go to: [www.mtnj.org](http://www.mtnj.org)**

**Next Wednesday session to begin January 4.  
Ages 8-12 at 5pm; All Level Adult at 6pm**

**Please visit [WWW.MTNJ.ORG](http://WWW.MTNJ.ORG) and sign up for Manalapan Township Email alerts  
to receive the latest information about Manalapan Township!**

**Recreation keeps you fit for life!**