



Dancing Hearts

Yoga & Creative Dance

Way To Grow...Healthy Bodies and Brains

A unique program designed to fully enhance healthy growth of the body and brain by combining the calming benefits of yoga with a dynamic vocabulary in creative dance.

Children have fun learning yoga and creative dance concepts that build strength, flexibility, creativity, focus, and self-awareness. Classes are positive and joyful as well as meaningful and challenging!

Ages 8-12. Wednesdays from 5:00 p.m. – 6:00 p.m.

Adult Yoga

Ages 18 years of age and older.

All yoga levels.

Wednesdays from 6:00 p.m. – 7:00 p.m.



Yoga class minimum 6/ maximum 12

Dancing Hearts and Adult Yoga classes begin January 11th

Program Fee is \$100.00 per person for 10 week session.

Non-resident adults add \$30.00 per person.

Youth registrants must be residents & be proper age by program start.

Classes are held at the Manalapan Senior Center, Route 522.



Register with Credit Card online at

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

Or go to www.mtnj.org for a mail-in registration.

Both programs are offered through Manalapan Parks and Recreation

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

Call (732) 446-8355 for further information.

Recreation keeps you fit for life!