

Have you checked out Manasquan's ZUMBA TONING class yet?



LOOKING FOR A FUN WAY TO BUILD MUSCLE?

JOIN KATHLEEN

**FOR A MUSIC-FILLED HOUR OF MUSCLE-BUILDING, CARDIO,
STRETCH AND BALANCE!**

DETAILS: WEDNESDAYS 6 - 7 P.M. (Just extended through April 2024!)

- Manasquan Recreation Bldg, 63 Atlantic Ave
- \$10.00 PER CLASS (cash & checks accepted)
- BRING 1-2 POUND HAND WEIGHTS

CONTACT INFO: KMAINS99@AOL.COM

- ZUMBA Instructor Certification 2014
- ZUMBA Toning Certification 2015
- Fully Insured
- CPR/AED certified
- Sponsored by Manasquan Recreation