



**Get Active
America!**



"Expanding Wellness, Extending Life"

Take Back Your Health

The Atlantic Club is **OPENING ITS DOORS** to young children, teens & adults to

GET ACTIVE!

during National "Get Active America" Week

Join us **FREE OF CHARGE** - May 3rd to the 9th

The Atlantic Club - Manasquan is hosting the following **FREE EVENTS** to support "Get Active America" - All events require pre-registration, call today to reserve your spot! (732) 223-2100

SATURDAY, MAY 1st

Water Exercise

9:00am-10:00am · Main Indoor Pool · Ages 18+

MONDAY, MAY 3rd

Boot Camp

9:15am-10:30am · Gymnasium · Ages 18+

Tween Zumba

4:30pm-5:30pm · Gymnasium · Ages 7 & Up

Parisi Workout

4pm-5pm · Ages 6-10 · 5pm-6pm · Ages 11-14 · Fieldhouse

TUESDAY, MAY 4th

Kids Yoga

6:00pm-6:45pm · Atlantis Prep · Ages 5-12

Teen Boot Camp

6:00pm-7:00pm · Fieldhouse · Ages 13+

WEDNESDAY, MAY 5th

After School Family Basketball

4:30pm-6:30pm · Gymnasium · 3 on 3 or Free Play · All Ages

MVP Parisi Sports Fieldhouse

12pm-1pm, 1pm-2pm · Ages 3-5 · 3:45pm-4:45pm · Ages 4 & 5

THURSDAY, MAY 6th

Wellness Walk with Pat Weir

9:00am-10:00am · Walking Trail · All Ages

Parisi Workout

4pm-5pm · Ages 6-10 · 5pm-6pm · Ages 11-14 · Fieldhouse

QuickStart Tennis

5:00pm-6:00pm · Ages 4-12

FRIDAY, MAY 7th

Cat Club Challenge Parisi Speed School

4:00pm-7:00pm · Fieldhouse · Ages 6-14

Chair Yoga

4:00pm-5:00pm · Studio B · Ages 18+

SATURDAY, MAY 8th

Extreme Group Boot Camp

8:00am-9:00am · Fieldhouse · Ages 10+

MVP Parisi Sports

10:00am-11:00am · Fieldhouse · Ages 6-11

Zumba Party

9:00am-10:00am · Gymnasium · Ages 18+

Family Swim

12:00pm-4:00pm · Main Indoor Pool · Ages 5+

SUNDAY, MAY 9th

Mother's Day Wellness Walk & Brunch

8:30am - Walk · 10:00am - Brunch (\$22⁵⁵ Adults, \$11⁵⁵ Kids)
ALL AGES WELCOME!

Family Swim

12:00pm-4:00pm · Main Indoor Pool · Ages 5+