

New Fitness Class For Seniors

The Kenja Club 賢者道

The Kenja Club (Way of the Sage)

is a low impact fitness class specifically designed for active adults who need a physical activity that will strengthen their body, improve balance and keep their minds sharp. Similar in principle and movement to Tai Chi, you will learn the forms of an Okinawan art called Goju Ryu ~ Hard/Soft Style.



Registration Now Open

Hazlet.Recdesk.com

8 Weeks of Classes-\$80

Classes meet Tuesday Morning at 10am

First Class -Tuesday October 4th-10am

Classes Will Be Held in The James J. Cullen Center

1776 Union Ave. Hazlet, NJ 07730

Classes will be taught by Mark Kapel-7th Degree Black Belt and Owner/Teacher of Mountain Martial Arts.



Hazlet Recreation | 732-217-8683