



Afternoon Body Blast Circuit

With Ava Ventrone, CPT, CSI

Get in shape “circuit” style with Ava Ventrone. Experience full-body workouts that target the major muscle groups of the upper and lower body. From boot camp style routines that jump start cardio fitness, to creative muscle-toning exercises using dumbbells, exercise bands, or even the participant’s body weight. Each station is timed so you get the benefit of a full body interval workout. Participants will improve muscle tone, cardiovascular stamina, core strength, & flexibility.

Tuesday: **March 3, 10, 17, 24, 31 2020**
April 7

Time: 4:45pm-5:45pm

Resident Fee: **6 Sessions: \$60**

Non- Resident Fee: **\$ 65**

Location: Hanover Township Community Center



Class size is limited.

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[Hanover Township Recreation Facebook](#)

Register at Hanover Township Community Center
 15 N. Jefferson Road, Whippany
 Phone: 973-428-2463

Or online at [Register via Community Pass](#)

