

Senior FITness

Stretch and Tone



With Cindy Schleifer

Join Cindy on Friday mornings from 9:30 a.m. – 10:00 a.m. for 30 minutes of mild exercise, stretching and toning. This program is open to resident's age 60 years of age or older.

Six Weeks: \$25.00

**Fall Session 2: November 2, 9, 16, 30, December 7 and 14, 2018
(no class November 23)**

**All classes held at the Community Center
15 N. Jefferson Road, Whippany**

Registration now open!

Register at Hanover Township Community Center

15 N. Jefferson Road, Whippany

Phone: 973-428-2463 Activity Line: 973-887-7870