



# FITNESS BOOT CAMP

Get in shape for the New Year “boot camp” style with Alicia Malay, ACE (American Council on Exercise) and former Instructor at Greg’s Fitness Center. This circuit boot camp will keep your heart rate up as you build muscle, burn calories and fat all while you tone and sculpt your whole body. Modifications offered for every fitness level.

## PACKAGE 1

8 Week Session on Tuesdays  
March 13, 20, 27, April 3, 10, 17,  
24, and May 1, 2018

Cost: \$80.00

## PACKAGE 2

8 Week Session on Thursdays  
March 15, 22, 29, April 5, 12, 19,  
26, and May 3, 2018

Cost: \$80.00

**Get twice the workout  
combine Tuesdays and Thursdays!  
Cost: \$150.00**

*(an additional 10% “out of town fee” will be collected for registrants residing out of Hanover Township.)*

Time: 3:45 p.m. – 4:45 p.m.

Location: Hanover Township Community Center, 15 N. Jefferson Road

Register in person at Hanover Township Community Center  
15 N. Jefferson Road, Whippany, NJ  
973-428-2463

Or online at: <https://register.communitypass.net/HanoverTownship>

