Senior Circuit

With Ava Ventrone

Now offered twice a week at a new time!

Ava Ventrone, CPT,CSI, will lead this full body conditioning class for Senior Fitness! There will be a proper warm up before class begins, as well as a relaxing cool down/stretch after it ends. This "station style" class is designed using a variety of equipment, such as free weights, bands, stability balls, etc. Ava will help motivate and support the participants by correcting their form so they can move safely through their workout. There will be modifications for the exercises, as needed, so all can have a fun, effective workout! Bring water!

This is a great full body workout!

Classes run from 9:30 a.m. – 10:30 a.m.

Each Six Week Session: $55.00
or both sessions (12 classes) $100.00
(an additional 10% "out of town fee" will be collected for registrants residing out of Hanover Township.)

Tuesday – October 30, November 13, 20, 27, December 4, 11, 2018 (no class November 6)
AND/OR
Thursday – November 1, 15, 29 December 6, 13 and 20, 2018 (no class November 8 and 22)

Registration is LIMITED ! Register at Hanover Township Community Center
Registration now open
15 N. Jefferson Road, Whippany, NJ
973-428-2463
Or online at https://register.communitypass.net//HanoverTownship