

# Senior Fitness



**One hour of mild exercise, stretching and toning  
for residents 60 years of age or older.**

**Tuesday & Thursday Mornings  
9:30 AM – 10:30 AM**

**Beginning September 13, 2016 – May 18, 2017  
(no class Nov. 24, Dec. 27, and 29)**

**Instructor Cindy Schleifer**

**Fee: \$40.00**

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

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**Registration opens August 22, 2016.**

**Register at Hanover Township Community Center**

**15 N. Jefferson Road, Whippany**

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