

Hanover Township Recreation Presents Total Body Bootcamp

Get in shape “boot camp” style with Stephanie Addeo, CPT, GPTS, NASM. This circuit bootcamp will keep your heart rate up as you build muscle, burn calories and fat all while you tone and sculpt your whole body.



Registration for Winter Session
is now open.

Monday November 28, December 5, 12, 19, January 2, 9, 23, and 30
(no class December 26, and January 16)

Time: 9:30 a.m. – 10:30 a.m.

Cost: Eight Sessions/ \$80.00

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>

