# Senior Circuit

## With Ava Ventrone

**Ava Ventrone, CPT, CSI, will lead this circuit style exercise program for senior fitness. This class is set up in multiple "stations" completed three times. The instructor uses a timer and moves the participant through each station lasting between 30-45 seconds. A variety of exercise equipment such as body bars, hand held weights, bosu balls, stability balls, floor mats, kettle bells as well as the members own body weight are used for this class.**

**Everyone is at different fitness levels so there are exercise modifications for those who need it. Each class begins with a warm up and ends in a relaxing cool down and stretch.**

**This is a great full body workout!**

**Eight Sessions: $55.00**
***(an additional 10% "out of town fee" will be collected for registrants residing out of Hanover Township.)***

***IN PERSON REGISTRATION***
***REGISTRATION IS LIMITED. Participants may select one of the following sessions:***

**Session 1: Mondays: April 2, 9, 16, 23, 30, May 7, 14, and 21, 2018 from 11:30 a.m. – 12:30 a.m.**
**Session 2: Tuesdays: April 3, 10, 17, 24, May 1, 8, 15, and 22, 2018 from 11:30a.m. – 12:30 p.m.**

**Multiple sessions are not available at this time.**

**Register at Hanover Township Community Center**
**15 N. Jefferson Road, Whippany, NJ**
**973-428-2463**
**Or online at https://register.communitypass.net//HanoverTownship**