



Low Impact Circuit Training

This class is for beginner/intermediate exercisers looking to increase muscle tone, endurance, and flexibility. This circuit style class utilizes light dumbbells, bands, and body weight exercises to focus on weight bearing activity while keeping the workout low impact.

New Extended Winter Session 2017

January 10th - March 30th (12 Weeks)

Tuesday and/or Thursday

10:00 am - 11:00 am

Location: The Cabin 600 Lippincott Lane

Instructor: Blake Kondras, Licensed Fitness Instructor

Fees: One Day Option: \$50/Resident \$55/Non-Resident

Two Day Option: \$100/Resident \$110/Non-Resident

*Due to the new extended sessions we are offering the option to pay for the TWO DAY OPTION of the LOW IMPACT PROGRAM in two payments. If you are interested using this new two-payment option, please contact the program coordinator to be approved. Thank you. The Minimum Payment Due at Registration is \$60. The Balance of \$40 is due on or before Feb 16th.

Low Impact Circuit Training - Register Now!

Name: _____

Address: _____

City, State, Zip Code: _____

Email Address: _____ Phone #: _____

Please indicate the day(s) you will be attending: _____ Tuesday and/or _____ Thursday TOTAL ENCLOSED: _____

Low Impact - Winter 2017 - Class Code: 156

Please make check payable to:

Borough of Haddon Heights
625 Station Avenue
Haddon Heights, NJ 08035
Attn: Programs

Questions? 856-546-2585 or ProgramCoordinator@HaddonHts.com

