



# 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.

**Spring Session 2017**  
**April 11<sup>th</sup> - June 22<sup>nd</sup> (11 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. The Minimum Payment Due at Registration is \$60., with the remaining balance due on or before May 16<sup>th</sup>.

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## 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: \_\_\_\_\_

SPRING 2017 - Low Impact - 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](mailto:ProgramCoordinator@HaddonHts.com)

