



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.

WINTER SESSION 2018

January 9th - March 29th (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: \$60/Resident \$65/Non-Resident

Two Day Option: \$120/Resident \$130/Non-Resident

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: _____

WINTER 2018 - 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

