



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 2019

January 8th - March 28th (12 Weeks)

Tuesday and/or Thursday

**New Time* 11:00 am - 12:00 pm

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

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 2019 - Low Impact - Class Code: 156

ONLINE REGISTRATION AND CREDIT CARD PAYMENTS NOW AVAILABLE! Information can be found on the Borough's Website at www.haddonhts.com/programs. You can also pay with credit card over the phone by calling the Borough Hall Mon-Fri 9am-5pm at 856-547-7164 ex 3. There will be an additional 2.95% service fee on all credit card payments. Any questions please contact the Program Coordinator at 856-546-2585 or ProgramCoordinator@haddonhts.com.

Checks can be made payable to: Borough of Haddon Heights and mailed or dropped off at the Borough Hall ATTN: Programs, 625 Station Avenue, Haddon Heights, NJ 08035

QUESTIONS? 856-546-2585 or ProgramCoordinator@haddonhts.com
