

A decorative border surrounds the central text, featuring various fitness-related icons such as a person jumping rope, a stopwatch, a scale, dumbbells, a kettlebell, resistance bands, a water bottle, a heart rate monitor, a person on a stationary bike, a person lifting weights, and a person holding a dumbbell. The icons are arranged in a repeating pattern along the top, bottom, and sides of the central text area.

# Senior Circuit

## With Ava Ventrone

Ava Ventrone, CPT, CSI, will lead this full body conditioning class for Senior Fitness! There will be a proper warm up before class begins, as well as a relaxing cool down/stretch after it ends. This “station style” class is designed using a variety of equipment, such as free weights, bands, stability balls, etc. Ava will help motivate and support the participants by correcting their form so they can move safely through their workout. There will be modifications for the exercises, as needed, so all can have a fun, effective workout! Bring water!

This is a great full body workout!

**Tuesday:** March 3, 10, 17, 24, 31 April 7 2020  
and or

**Thursday:** March 5, 12, 19, 26 April 2, 9 2020

Time: 9:30am- 10:30am

Location: Hanover Township Community Center

Resident Fee \$60

or both sessions (12 classes) \$1 10

Non-Resident Fee: \$65 for 6 week session

Registration is LIMITED! Register at Hanover Township Community Center  
15 N. Jefferson Road, Whippany, NJ

Phone Number: 973-428-2463 or Register online at [Register via Community Pass](#)



[Hanover Recreation Facebook](#)

