Verona RECREATION

Senior Exercise with Paul

Fall 2024

Come join us for a specially designed senior citizen exercise program with a certified trainer. This class is designed to help you stay active, strong and healthy. We will use resistance bands, light weights, balls and music to help during workouts. Exercise at your own pace using a chair. Each session will include a warm-up, leg exercises with resistance bands and an upper body workout for strength and core stability. Class size is limited.

Who

Adults & Seniors
VERONA RESIDENTS Register 9/16*
NON-RESIDENTS Register 9/23*
*Registration begins at 10AM

Where

Verona Community Center Ballroom

When

Monday, Wednesday, and Friday
8:30 – 9:15AM
OR
9:30 – 10:15AM

Dates

OCT: 2, 4, 7, 9, 11, ***Skip 10/14***, 16, 18, 21, 23, 25, 28, 30
NOV: 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, ***Skip 11/29***
DEC: 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, ***Skip 12/25***, 27, 30

Fee:
Verona Residents: $40.00
Non-Verona Residents: $50.00

Register:
Online at
www.veronanj.org