Verona RECREATION

Rediscover Fitness

Fall 2024

Certified Trainer Paul Binder leads this class using exercises and body weight movements. This 12 week series will get you on the road to a fitter you, using light cardio, stretching and body toning. You can develop at your own pace with this small class setting that allows for individual attention. This is a class aimed at active adults who would like to increase their level of fitness.

Who

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

Where

Verona Community Center
880 Bloomfield Ave
Annex Building

When

Monday, Wednesday, and Thursday
6:00 – 7:00 PM

Dates

OCT: 2, 3, 7, 9, 10, ***Skip 10/14***, 16, 17, 21, 23, 24, 28, 30, 31
NOV: 4, 6, 7, 11, 13, 14, 18, 20, 21, 25, 27, ***Skip 11/28***
DEC: 2, 4, 5, 9, 11, 12, 16, 18, 19, 23, ***Skip 12/25***, 26, 30

Fee:
Verona Residents: $90.00
Non-Verona Residents: $100.00

Register:
Online at
www.veronanj.org