



Rediscover Fitness

Certified Trainer Paul Binder leads this class using exercises and body weight movements. This 10 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 since the small class size will allow for individual attention. This is a class aimed at active adults who would like to increase their level of fitness.

Who

Adults & Seniors

Where

Verona Community Center
880 Bloomfield Ave.
Annex Building

When

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

Dates:

FEB: 2, 3, 7, 9, 10, 14, 16, 17, SKIP 21,
23, 24, 28.

MARCH: 2, 3, 7, 9, 10, 14, 16, 17, 21,
23, 24, 28, 30, 31.

APRIL: 4, 6, 7, 11, 13.

Fee:

\$90.00

Register

Online at
www.veronanj.org