



## Senior Exercise w/ PAUL FALL-2023

Come join us for a specially designed senior citizen exercise program with certified trainer Paul Binder. 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 9/15\*

NON-RESIDENTS Register 9/22\*

\*Registration begins at 10AM

### Where:

Verona Community  
Center  
Ballroom

### When:

Monday, Wednesday and Friday

2 CLASS TIMES AVAILABLE

8:30 - 9:15AM & 9:30 - 10:15AM

### Dates:

OCTOBER: 2, 4, 6, (SKIP 10/9), 11, 13, 16,  
18, 20, 23, 25, 27, 30.

NOVEMBER: 1, 3, 6, 8, 10, 13, 15, 17, 20, 22,  
(SKIP 11/24), 27, 29.

DECEMBER: 1, 4, 6, 8, 11, 13, 15, 18, 20, 22,  
(SKIP 12/25), 27, 29.

### Fee:

Verona Residents: \$40.00

Non-Verona Res.: \$50.00

### Register:

Online at

[www.veronanj.org](http://www.veronanj.org)

Click on "Recreation Registration"  
tab to be directed to Community  
Pass