



Senior Exercise w/ PAUL

Come join us for a specially designed senior citizen exercise program with a 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 3/15

NON-RESIDENTS Register 3/22

Registration open at 10:00AM on 3/15 & 3/22

Where

Verona Community Center
Ballroom

When

Monday, Wednesday and Friday
8:30-9:15 & 9:30-10:15AM

Dates:

APRIL: 3, 5, SKIP 4/7, 10, 12, 14, 17, 19, 21, 24, 26, 28.

MAY: 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, SKIP 5/29, 31.

JUNE: 2, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30.

Fee:

Verona Residents: \$40.00

Non-Verona Res.: \$50.00

Register

Online at

www.veronanj.org

Click on Register Here tab