



# Rediscover Fitness SPRING-2023

Certified Trainer Paul Binder leads this class using exercises and body weight movements to increase fitness and flexibility. 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 in a small class 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

## Where

Verona Community Center  
880 Bloomfield Ave.  
Annex Building

## When

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

## Dates:

**April:** 3, 5, 6, 10, 12, 13, 17, 19, 20, 24, 26, 27.

**May:** 1, 3, 4, 8, 10, 11, 15, 17, 18, 22, 24, 25, **SKIP**  
**5/29**, 31.

**June:** 1, 5, 7, 8, 12, 14, 15, 19, 21, 22, 26, 28, 29.

## Fee:

Verona Residents: \$90.00

Non-Residents: \$100.00

*Late Fee: \$10.00 Begins 4/8/2023*

## Register

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