



Senior Exercise w/ OLIMPIA *Winter 2024*

Come join us for a specially designed senior citizen exercise program with a certified trainer. 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 12/15*

NON-RESIDENTS Register 12/22*

*Registration begins at 10AM

Where:

Verona Community
Center
Ballroom

When:

Monday, Wednesday and Friday
10:30 - 11:15AM

Dates:

**JANUARY: 3, 5, 8, 10, 12, 15, 17, 19, 22, 24,
26, 29, 31**

**FEBRUARY: 2, 5, 7, 9, 12, 14, 16, *(Skip 2/19)*,
21, 23, 26, 28**

**MARCH: 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25,
27, 29**

Fee:

Verona Residents: \$40.00

Non-Verona Res.: \$50.00

Register:

Online at
www.veronanj.org