



# Senior Exercise w/ PAUL

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 and balls 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 8/30

NON-RESIDENTS Register 9/6

## Where

Verona Community Center  
Ballroom

## When

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

## Dates:

SEPT: 19, 21, 23, 26, 28, 30.

OCT: 3, 5, 7, (SKIP 10/10), 12, 14, 17, 19, 21,  
24, 26, 28, 31.

NOV: 2, 4, 7, 9, (SKIP 11/11), 14, 16, 18, 21,  
23, (SKIP 11/25), 28, 30.

DEC: 2.

## FEE:

\$30.00

## Register

Online at  
[www.veronanj.org](http://www.veronanj.org)  
Click on Register Here tab