



Rediscover Fitness *FALL-2022*

Certified Trainer Paul Binder leads this class using exercises and body weight movements. This 10 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 since the small class size will allow 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:

SEPT: 8, 12, 14, 15, 19, 21, 22, 26, 28, 29.

OCT: 3, 5, 6, (*SKIP 10/10*), 12, 13, 17, 19,
20, 24, 26, 27, 31.

NOV: 2, 3, 7, 9, 10, 14, 16, 17.

Fee: \$90.00

Late Fee: \$10.00

Begins 10/1/2022

Register

Online at
www.veronanj.org