SENIOR EXERCISE WITH PAUL

-WINTER 2025-



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

WHEN

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



DATES

JAN: ***Skip 2***, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30
FEB: 2, 4, 6, 9, 11, 13, ***Skip 16,*** 18, 20, 23, 25, 27
MAR: 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27, 30

REGISTRATION

Verona Residents $40.00
12/10 10:00 AM
Non-Verona Residents $50.00
12/17 10:00 AM

**REGISTRATION FEE IS NON-REFUNDABLE

Register on Community Pass
www.veronanj.org