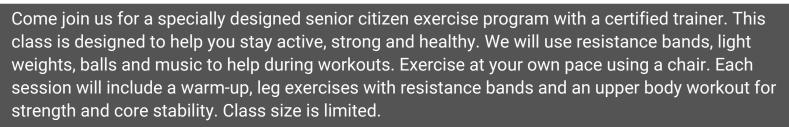
# SENIOR EXERCISE WITH PAUL

## -FALL 2025-



#### **WHO**

**Adults & Seniors** 

#### **WHEN**

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

#### **DATES**

OCT: 1, 3, 6, 8, 10, Skip 10/13, 15, 17, 20, 22, 24, 27, 29, 31

NOV: 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, Skip 28

DEC: 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, Skip 24 & 26 29

### REGISTRATION

Verona Residents \$40.00 9/16 10:00 AM Non-Verona Residents \$50.00 9/22 10:00 AM

