

REDISCOVER FITNESS



–FALL 2025–



Certified Trainer Paul Binder leads this class using exercises and body weight movements. This 12 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 with this small class setting that allows for individual attention. This is a class aimed at active adults who would like to increase their level of fitness.

WHO

Adults & Seniors

WHEN

Monday, Wednesday, and Thursday
6:00-7:00 PM

WHERE

Verona Community Center

DATES

OCT: 1, 2, 6, 8, 9, **Skip 10/13**, 15, 16, 20, 22, 23, 27, 29, **Skip 30**

NOV: 3, 5, 6, 10, 12, 13, 17, 19, 20, 24, 26, **Skip 27**

DEC: 1, 3, 4, 8, 10, 11, 15, 17, 18, 22, **Skip 24 & 25**, 29, **Skip 31**



REGISTRATION

Verona Residents \$90.00

9/16 10:00 AM

Non-Verona Residents \$100.00

9/22 10:00 AM

****REGISTRATION FEE IS NON-REFUNDABLE**

Register on Community Pass
www.veronanj.org