

SENIOR EXERCISE WITH PAUL



-FALL 2026-

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

OCT: 5, 7, 9, 14, 16, 19, 21, 23, 26, 28, 30

NOV: 2, 4, 6, 9, 11, 13, 16, 18, 20, 23, 25, 30

DEC: 2, 4, 7, 9, 11, 14, 16, 18, 21, 23, 28, 30

REGISTRATION

Opens to Verona residents Sept 15 10:00AM

Verona Residents \$50.00

Opens to Non-Verona Residents Sept 22 10:00AM

Non-Verona Residents \$60.00

\$10 Late fee applied after October 8

Register on Community Pass
www.veronanj.org

****REGISTRATION FEE IS NON-REFUNDABLE AND NONTRANSFERRABLE**

