



# Rediscover Fitness *Fall 2024*

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

VERONA RESIDENTS Register 9/16\*

NON-RESIDENTS Register 9/23\*

\*Registration begins at 10AM

## Where

Verona Community Center  
880 Bloomfield Ave  
Annex Building

## When

**Monday, Wednesday, and Thursday**  
**6:00 – 7:00 PM**

## Dates

**OCT:** 2, 3, 7, 9, 10, **Skip 10/14**, 16, 17, 21, 23, 24, 28, 30, 31

**NOV:** 4, 6, 7, 11, 13, 14, 18, 20, 21, 25, 27, **Skip 11/28**

**DEC:** 2, 4, 5, 9, 11, 12, 16, 18, 19, 23, **Skip 12/25**, 26, 30

## **Fee:**

Verona Residents: \$90.00

Non-Verona Residents: \$100.00

## **Register:**

Online at  
[www.veronanj.org](http://www.veronanj.org)