



# Rediscover Fitness Spring 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

VERONA RESIDENTS Register 3/19\*

NON-RESIDENTS Register 3/25\*

\*Registration begins at 10AM

## Where

Verona Community Center  
880 Bloomfield Ave  
Annex Building

## When

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

## Dates

**April: 2, 3, 7, 9, 10, 14, 16, 17, 21, 23, 24, 28, 30**

**May: 1, 5, 7, 8, 12, 14, 15, 19, 21, 22, (*Skip 26*), 28, 29**

**June: 2, 4, 5, 9, 11, 12, 16, 18, 19, 23, 25, 26,**

### ***Fee:***

*Verona Residents: \$90.00*

*Non-Verona Residents: \$100.00*

### ***Register:***

Online at

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