



# Sassy Step & Stretch

Instructor: Paula Wanzer

Meredith Parks & Recreation Department  
One Circle Drive Meredith, NH 03253  
603-279-8197

Active Senior Adults ages 55+ will enjoy healthy exercise in a fun, safe, and supportive atmosphere. Paula incorporates music and laughter to create movement with the use of chairs as needed.

**Registration is required, must have a minimum of 10 participants\***

## Class Details:

**When:** Mondays & Thursdays

**Time:** 9:00am - 10:00am

**Location:** Meeting Rooms B/C

## Session Fees:

\$30.00 - Meredith Residents

\$40.00 - Non-Residents

## Spring 2026 Session

**3/16/2026 - 4/30/2026**

**Make Up Dates (if needed):** 5/4/26, 5/7/26

**Registration Opens:**

**Meredith Residents:** 2/9/26

**Non-Residents:** 2/12/26



MPRD reserves the right to cancel/ combine/ change program logistics as needed.

\*MPRD reserves the right to cancel the class if the minimum participant requirement is not met.