



Meredith Parks and Recreation Department

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

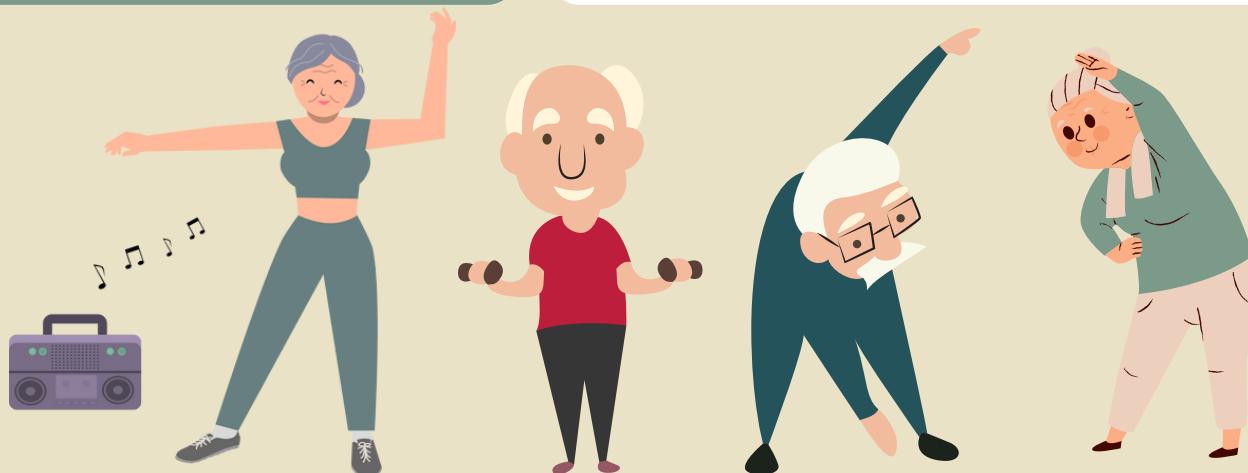
3/16/2026 - 4/30/2026

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.