

An illustration of two elderly people, a woman on the left and a man on the right, both smiling and dancing. The woman is wearing a purple long-sleeved shirt and pink pants, with her arms raised. The man is wearing a blue long-sleeved shirt and grey pants, also with his arms raised. They are both wearing sneakers. The background is white.

Low Impact Dance Aerobics

Seniors! Join us for an all-level uplifting, energetic movement class.

- Incorporating simple, easy-to-follow dance
- Aerobic moves
- Fun lively music
- Promotes increased stamina
- Promotes a healthy heart rate
- Sense of well-being and camaraderie

Location: West Milford Recreation Center

**Dates: Wednesday's—January 4, 11, 25
February 1, 8, 15, 22**

Times: 9:00-9:45

Price: \$35.00 for 7 classes

To register, go to www.westmilford.org, click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 20223

If you need assistance, call the Recreation Office at 973-728-2871 Monday—Friday, 8:30 a.m. – 4:30 p.m.

Sponsored by West Milford Community Services & Recreation