



- ♦ Zumba Gold is fun
- ♦ Zumba Gold is an effective dance fitness program
- ♦ Designed for active older adults
- ♦ The music incorporates Latin and International rhythms
- ♦ Easy-to-follow steps
- ♦ Participants must be age 50+ to register.

Where: West Milford Recreation Center, 66 Cahill Cross Road, Gym 1

When: Monday's 10:00-10:45  
January 9, 23, 30  
February 6, 13, 27

Fee: \$30.00 for 6 classes

### Three Easy Ways to Enroll!

1. Online at [www.westmilford.org](http://www.westmilford.org), click on the Services tab at the top of the screen; select Community Services & Recreation Online Registration. Look for 2023 Senior Programs.
2. In person at the Recreation Office, located inside the West Milford Recreation Center, 66 Cahill Cross Road. M-F, 8:30 a.m. – 4:30 p.m.
3. By phone, call the Recreation Office at 973-728-2871.