

- 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
September 11, 18, 25 & October 2, 16, 23, 30

Fee: $35.00 for 7 classes

TO REGISTER

Go online to www.westmilford.org. Click on Community Services & Recreation, then "REGISTER HERE FOR PROGRAMS". Once you are in Community Pass look for "2023 SENIOR PROGRAMS".