



- ◆ 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
October 3, 17, 24, 31

Fee: \$20.00 for 4 classes

Three Easy Ways to Enroll!

1. Online at www.westmilford.org, click on the Services tab at the top of the screen; select Community Services & Recreation Online Registration. Look for 2022 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.