



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—Jan. 8, 15, 22, 29 & Feb. 5, 12, 19, 26
Snow Date if needed March 5**

Times: 9:30-10:15

Price: \$40.00 for 8 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 "2025 SENIOR PROGRAMS".

Sponsored by West Milford Community Services & Recreation