



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—March 5, 12, 19, 26 & April 2, 9, 16, 30

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