



# *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—May 1, 8, 15, 22, 29 &  
June 5, 12, 19, 26**

**Times: 9:30-10:15**

**Price: \$45.00 for 9 classes**

TO REGISTER

Go online to [www.westmilford.org](http://www.westmilford.org). Click on Community Services & Recreation, then "**REGISTER HERE FOR PROGRAMS**". Once you are in Community Pass look for "2024 SENIOR PROGRAMS".

Sponsored by West Milford Community Services & Recreation