

An illustration of two elderly people, a woman on the left and a man on the right, both smiling and dancing. The woman has short grey hair and is wearing a purple long-sleeved shirt and pink pants. The man has short grey hair, wears glasses, and is wearing a blue long-sleeved shirt and grey pants. They are both in dynamic dance poses with one arm raised.

# *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 7, 14, 21, 28 & June 4, 11, 18, 25**

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

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

Sponsored by West Milford Community Services & Recreation