

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—Sept 6, 13, 20, 27
Oct 4, 11, 18, 25**

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 “2023 SENIOR PROGRAMS”.

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