

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, gym 1
Dates: Wednesday's, September 8, 15, 22, 29 &
October 6, 13, 20, 27

Times: 9:00-9:45

Price: \$40.00 for 8 classes

To register, go to www.westmilford.org, click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 2021.

If you need assistance, call the Recreation Office at 973-728-2871 Monday—Friday, 8:30 a.m. – 4:30 p.m.

Sponsored by West Milford Community Services & Recreation