



- ◆ Zumba Gold is fun
- ◆ Zumba Gold is an effective dance fitness program
- ◆ Designed for active older adults
- ◆ The music incorporates Latin and International rhythms
- ◆ Easy-to-follow steps
- ◆ Participants must be age 50+ to register.

Where: West Milford Recreation Center, 66 Cahill Cross Road, Gym 1

When: Monday's 10:00-10:45  
January 8, 22, 29 & February 5, 12, 26  
Snow date if needed March 4th

Fee: \$30.00 for 6 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".