



- ◆ 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

March 3, 10, 17, 24, 31 & April 7, 14, 28

There will be no class on April 21st due to the refinishing of the gym floor.

Fee: \$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".