



- ♦ 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

May 5, 12, 19 & June 2, 9, 16

There will be no class on June 23rd or 30th.

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 "2025 SENIOR PROGRAMS".