



Registration opens
on
Mon. 08/19/19

Mondays at Noon

For Active Adults 55 and older

This program is designed for active older adults. Zumba Gold is done at a lower intensity and is not as fast as Zumba Basic, but it is just as fun!

Time: 12:00 p.m. – 1:00 p.m.

**\$44 for Township Residents; \$88 Non-Residents
(11 Classes)**

Dress in layers of loose fitting clothing. Wear flat sneakers with very little tread or a soft soled shoe.

Fall 2019 Schedule

9/9, 9/16, 9/23, 9/30

10/7, 10/14, 10/21, 10/28

11/4, 11/18, 11/25

NO CLASSES ON 9/2 AND 11/11

Please consult with your physician regarding your ability to participate before registering for this or any other exercise class.

On-line and in person registration is available at 8:30 a.m. on the registration date.

Go to the Recreation and Events button at the bottom of the Township website page at www.franklintwpnj.org.

Click on the Online Registration Button to get started. In-person registration at the Center is also available.

