



For Ac-

Registration opens on
Monday, Aug. 19th

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!

Zumba Gold

Monday Afternoons

Time: 1:15 p.m. – 2:15 p.m.

**\$44 for Township Residents; \$88 for 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

9/2- NO CLASS

9/9

9/16

9/23

9/30

10/7

10/14

10/21

10/28

11/4

11/11- NO CLASS

11/18

11/25

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.

