



For Active Adults 55 and older
(30 Participant Maximum)

Registration opens
on
Thurs., Aug. 22nd

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

Thursdays

9:30 a.m. – 10:30 a.m.

\$44 for Township Residents; \$88 Non-Residents

(11 classes this session.)

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

Fall 2019 Schedule

9/5, 9/12, 9/19

10/3, 10/10, 10/17, 10/24, 10/31

11/7, 11/14, 11/21

NO CLASSES ON 9/26 AND 11/28

The upcoming registration and the next session to be determined.

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

On-line registration and in person is available at 8:30 a.m. on the registration date. Go to the Township website at www.franklintwpnj.org. Scroll down to the Recreation and Events button at the bottom of the page. Click on the Online Registration Button to get started. In person registration at the Center is also available.

