



Zumba Gold (For Seniors)

*Beginning Nov. 14th
Tuesdays 1:00pm*

Zumba combines Latin and International music with a fun and effective workout system.

Zumba Gold, is especailly designed for seniors over the age of 60.

So don't be afraid, come join the party!!

Dance yourself to healthy!!!

*Cliffside Park Senior Activity Center at the Gerald A. Calabrese
Complex
500 Gorge Road, Cliffside Park
201-943-3768*