



Zumba Gold (For Seniors)

Tuesdays 1:45pm

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*