

MAYWOOD RECREATION



Zumba Gold is perfect for anyone seeking a modified Zumba® class that recreates the original moves you love at a lower-intensity.

This class presents easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

This is an invigorating class that will boost your confidence and build your strength. Get ready to twist, move and shake.

Participants of diverse mobility and ability are welcome.

Recreation Center on Fridays 10:30 am.

Registration form and waiver must be completed before class begins.

For more information contact Lisamarie Schieli, Recreation Director at lschieli@maywoodboro.org or 201 845-2900 x 208