

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.

Come ready to sweat, and prepare to leave smiling, invigorated and empowered.

Participants of diverse mobility and ability are welcome.

Class begins on Friday, January 6 at 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.