



AQUA ZUMBA FOR SENIORS

WHO:

Senior Citizens, Ages 62+

WHEN:

**Monday Mornings
July 7th-August 25th**

TIME:

10:30-11:15am

WHERE:

**Cedar Grove Pool
99 Slattery Dr.**

PRICE:

\$50.00

Registration can be done online through Community Pass, or in-person at the Recreation Office located at 525 Pompton Ave. Cedar Grove on the 2nd floor.

Contact Cedar Grove Recreation for more information, 973-239-1410 ext 220

Join Joan from 'Olimpia USA for Life' us for Aqua Zumba tailored for senior citizens, a refreshing blend of water-based exercise and Latin-inspired dance moves. This low-impact class promotes cardiovascular health, flexibility, and overall well-being in a fun, supportive environment. Dive into fitness with us and groove to the rhythm of the water!