

**FREE
CLASSES!**

CHAIR

ZUMBA



With Jenny Kelly, Licensed Zumba Instructor

Check out the calorie burning, dance fitness craze that's taken the world by storm!

Tailored for older adults who are looking for a modified lower intensity Zumba class.

Learn the basic steps of the 4 core rhythms found in a Zumba class. Exciting music!!



Tuesday Nov. 7th at 11:30

Tuesday Nov. 28th at 11:30

Tuesday Dec. 5th at 11:30

Tuesday Dec. 19th at 11:30

AGES 55+

GLEN ROCKIN SENIORS

**Annex Bldg. 678 South Maple Ave. Glen Rock, NJ
201-617-6692**