

ZUMBA



Sponsored by Lafayette Township Recreation Commission

Join us for a free 12 week Zumba program. Have fun and get some exercise. Zumba combines music with cardio, muscle conditioning, balance and flexibility and is for all fitness levels.

Classes will be held on Wednesday evenings beginning January 25 from 7:30pm to 8:30pm in the multipurpose room of the school.

Adults and children are welcome. All children must be accompanied by an adult.

The classes are free however pre-registration is required.

For information and to pre-register,
Please call Keefe Ostertag at 201-230-1324

Wear comfortable clothing (shorts, leggings and a tee-shirt) and sturdy sneakers.

Bring a water bottle