

Wall Recreation Department Presents:



Zumba Gold Mix

JOIN THE PARTY!!!! EXERCISE IN STYLE!!!!

Join instructor **Cathy Cataletto** for a FUN alternative to traditional exercise, easy to follow moves, and great music. This modified Zumba class is perfect for active older adults and beginners.

Lose yourself in the music and find yourself in shape



Mondays

February 27—April 17

10:00a—11:00a \$75 residents/\$85 non-residents

Recommended apparel includes: comfortable clothes and sneakers

This is for both MEN and WOMEN!

ALL classes are in Municipal Building / Lower Level—Middle Room

To register please go to <https://register.communitypass.net/wall>
(Listed under 2022-2023 Winter Programs)

Please mail & make checks payable to:
Wall Recreation Department, 2700 Allaire Road, Wall, NJ 07719

Email any questions, comments or concerns to lwehner@townshipofwall.com

Fee is non-refundable unless program is cancelled by the Recreation Department.

