

Adult Zumba

The Lower Township Department of Parks and Recreation's ongoing walk in Adult Zumba class is now being offered every Monday night from 6:00pm-7:00pm beginning the first week of December 2011. This class is held at the Lower Township Recreation Center. Zumba is a cardio dance class for all levels that incorporates rhythmic, high energy, motivating music. Beginners welcome, no dance experience necessary. Just bring a towel, water and be prepared to sweat and have fun. For additional information you can contact Gayle Hadley @ 1-732-233-7453 or the Lower Township Recreation Center @ 886-7880 ext. 0.