

CHAIR ZUMBA

Pull up a chair and tone your entire body. A high intensity workout that focuses on defining your muscles, improving overall cardiovascular health and burning major calories in the process, with the chair as your dance partner!

Where: Hickory Senior Center

When: Tuesdays 9:30am



John E. McCormac
Mayor



Dennis M. Green
Director of Health

For General Information or if you have any questions please call : Elizabeth Cowan @ (732-726-6285)

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