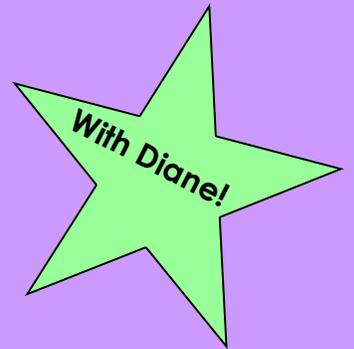




# Active Silver Seniors

Active Silver Seniors is an exercise class which focuses on less strenuous movements for the senior population. This class does make you work up a sweat and shows the fundamentals of proper exercise .



**Where:** Five Branches Senior Center

**When:** Mondays 10:30AM

Fridays 11:00AM



Active older adults who are looking for a modified **Zumba® class** that recreates the original moves you love at a lower-intensity. How It Works. The design of the class introduces easy-to-follow **Zumba®** choreography that focuses on balance, range of motion and coordination.

**Where:** Five Branches Senior Center

**When:** Tuesdays 10:30AM

Thursdays 10:00AM

John E. McCormac

Mayor



Dennis M. Green

Director of Health



**For General Information or If you have any questions please call Liz Longenhagen at 732-726-6276 or Email: [Elizabeth.Longenhagen@twp.woodbridge.nj.us](mailto:Elizabeth.Longenhagen@twp.woodbridge.nj.us)**