

Milford Recreation invites you to join the party...



ZUMBA®

FOR SENIORS!

Give your body a workout to the rhythm of all types of music. Chairs are available for those who need it as well. Please bring water and wear comfortable clothing and sneakers. Minimum of 5 participants needed.

Mondays 5:45-6:30pm
Milford Town Hall Banquet Hall

**BEGINNERS
WELCOME!**

6 Week Session
April 4 – May 9

Res \$15/NRes \$25

Drop-in Fee \$3.00

Instructors: Rae M.

To register, call Milford Recreation at:

249-0625