



Adult Zumba Class

The Lower Township Department of Parks and Recreation is offering Adult Zumba classes with instructor Lindsay Bechtler. The class is an ongoing walk-in Zumba class from 6:00pm– 7:00pm on Wednesday nights. The fee is \$5.00 per class. Zumba is a Latin inspired aerobics class that is based on the principles of interval training. Zumba is a “feel good” workout that blends traditional dance steps with basic fitness moves so everyone can participate. Ditch the workout and join the party! For additional information please contact Lindsay @ 675-8916 or email linzumba@gmail.com. For additional information please call 886-7880.