

Wayne Parks and Recreation

Have fun while you burn calories!

Join our Low-impact, High-Energy Lake Workout.

AQUA ZUMBA

With Sheila Scarpulla

At Captain Kilroy Park "Tom's Lake"

Residents and Non-Residents welcome Ages 16+

Wednesdays, July 12 – August 16, 2023 (6 weeks)

10:00 a.m. – 10:45 a.m.

or

Fridays, July 14 – August 18, 2023 (6 weeks)

10:00 a.m. – 10:45 a.m.

Cost \$35.00 per session or \$65.00 for both sessions

(limited space available)

Is Aqua Zumba a good workout? Aqua Zumba is a full-body, up-tempo workout that can assist in helping you burn off some calories. Due to the resistance of the water, you'll get added benefits to your workout!

Is Aqua Zumba good for seniors? It gets your heart rate up and improves endurance, as it is a light form of cardio. Cardio is important for all age groups, but it's what makes water aerobics particularly beneficial for seniors. It strengthens your heart and lungs, improves energy levels, manages your weight and helps you feel young and energetic.

What to expect at Aqua Zumba? Expect to do exaggerated dance moves. The tempo is slower than normal Zumba because of the resistance of the water. You'll do large muscle movements such as: Reaching up with your arms and lifting your legs in the water.

Register online at www.waynetownship.com/parks or in person at Parks and Recreation at Town Hall, 475 Valley Rd. Any questions call 973-694-1800 x 3260 or email recreation@waynetownship.com.