



# Hope Mills Parks and Recreation

5766 Rockfish Rd. Hope Mills, NC 28348 910-426-4109



**Wednesdays**

**11:30 am - 12:30 pm**

**No Cost**

Advanced registration is required every month before attending class. Registration will open at 8 am on the 3rd Friday of each month for the following month. An online account is required before registering.

## 55+ ZUMBA

**DO YOU WANT TO IMPROVE**

YOUR CARDIOVASCULAR ENDURANCE?

**DO YOU WANT TO HAVE**

A DANCE PARTY FOR EXERCISE?

Dance cardio class designed to increase heart rate. This class is designed for adults 55+ only. Online advanced registration is recommended.

**For more info. & to register: [www.townofhopemills.com](http://www.townofhopemills.com)**