

SENIOR AEROBICS WITH VANESSA

Stay toned, balanced and flexible. This one hour class includes seated and standing exercises for muscle toning and better balance, flexibility and posture. No floor work required! Bring a set of light weights (1-4 lb. dumbbells suggested) and a bottle of water to stay hydrated.

Duration: 8 week session on Mondays
8 week session on Thursdays
1 hour/class

Time: Monday's classes 11:45
Thursday's classes 3:45

Dates: Monday-March 4, 11, 18, 25
April 1, 8, 22, 29
Thursday-March 7, 14, 21, 28
April 4, 11, 25 and 1 makeup

Where: West Milford Recreation Center

Fee: \$15.00 for two months for Monday's class
\$15.00 for two months for Thursday's class

Three Easy Ways to Enroll!

- Online at www.westmilford.org, click on the Services tab at the top of the screen; select Community Services & Recreation Online Registration. Look for 2019 Senior Programs.
- In person at the Recreation Office, located inside the West Milford Recreation Center, 66 Cahill Cross Road. M-F, 8:30 a.m. – 4:30 p.m.
- By phone, call the Recreation Office at 973-728-2871.

