

# ACTIVE AGER EXERCISE

SPONSORED BY WEST MILFORD COMMUNITY SERVICES & RECREATION

- Class includes seated and standing exercises
- Stay toned, balanced, and flexible
- No floor work required!
- Tuesdays
- Class time: 9:30-10:30 am

This one hour class includes muscle toning and better balance, flexibility and posture. Bring a set of light weights (1-4 lb. dumbbells suggested) and a bottle of water to stay hydrated.

Duration: Tuesday's 1 hour/class

Time: 9:30 - 10:30 AM

Dates: July 11 & 18  
August 1, 8, 15, 22, 29

Where: West Milford Recreation Center Gym 3

Fee: 7 classes for \$35.00

TO REGISTER

Go online to [www.westmilford.org](http://www.westmilford.org). Click on Community Services & Recreation, then "**REGISTER HERE FOR PROGRAMS**". Once you are in Community Pass look for "2023 SENIOR PROGRAMS".