

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: January 3, 10, 17, 24 & 31
February 7, 14, 21, & 28

Where: West Milford Recreation Center Gym 3

Fee: 9 classes for \$45.00

To register, go to www.westmilford.org, click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 2023. If you need assistance, call the Recreation Center Office at 973-728-2871, Monday - Friday, 8:30 am - 4:30 pm.