

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:	October 4, 11, 18, 25	4 Classes \$20.00
	November 1, 8, 15, 22, 29	5 Classes \$25.00
	December 13, 20, 27	3 Classes \$15.00

No Class on December 6

Where: West Milford Recreation Center Gym 3

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 2022. If you need assistance, call the Recreation Center Office at 973-728-2871, Monday - Friday, 8:30 am - 4:30 pm.