

# AFTERNOON ACTIVE AGER EXERCISE

- Class includes seated and standing exercises
- Stay toned, balanced, and flexible
- No floor work required!
- Tuesdays
- Class time: 1:30-2:30 pm

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:            Friday's                            1 hour/class

Time:                    1:30 - 2:30 PM

Dates:                    October 7, 14, 21, 28                    4 Classes \$20.00

November 4, 11, 18 and

December 2, 9, 23, 30                    7 Classes \$35.00

**November 11 class will be held at 2:00-3:00PM**

Where:                    West Milford Recreation Center Gym 3

To register, go to [www.westmilford.org](http://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.