## AFTERNOON ACTIVE AGER EXERCISE

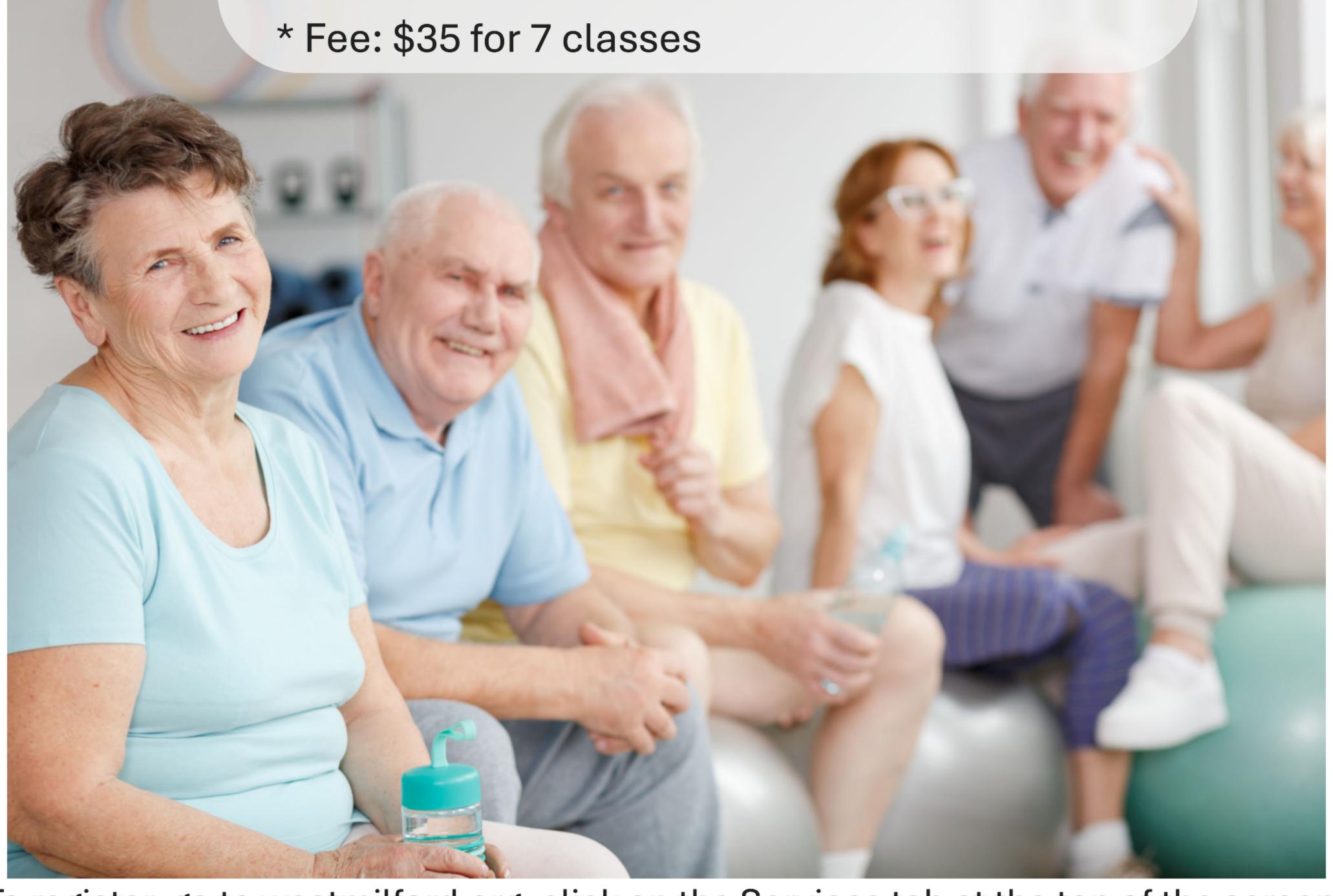
Sponsored by West Milford Community Services & Recreation

This 1-hour class includes muscle toning and helps improve balance, flexibility and posture. Bring a set of light weights (1-4 lb. dumbbells suggested), a small squeeze ball and water to stay hydrated.

- \* Class includes seated and standing exercises
- \* Stay toned, balanced and flexible
- \* No floor work required!
- \* When: Fridays 1:30-2:30pm
- \* Dates: July 11, 18, 25 & August 8, 15, 22, 29

Note: No class on July 4th and August 1st

\* Where: West Milford Recreation Center, Gym 3



To register, go to westmilford.org, click on the Services tab at the top of the screen, then select CommunityPass – Online Registration. Look for 2025 Senior Activities. If you need assistance, call the Recreation Center office at 973-728-2871, Monday – Friday, 8:30am – 4:30pm.