

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
 - * Fee: \$35 for 7 classes



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.