

# AFTERNOON ACTIVE AGER EXERCISE

- Class includes seated and standing exercises
- Stay toned, balanced, and flexible
- No floor work required!
- 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), a small squeeze ball and a bottle of water to stay hydrated.

Duration:            Friday's                            1 hour/class

Time:                1:30 - 2:30 PM

Dates:              May 23, 30 & June 6, 13, 20 & 27

**May 16 (make up for March 28th)**

6 classes for \$30.00

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 2025. If you need assistance, call the Recreation Center Office at 973-728-2871, Monday - Friday, 8:30 am - 4:30