

GET FIT WHERE YOU SIT

Get fit where you sit exercises offer numerous benefits for seniors looking to stay active and maintain your overall health and well-being.

Benefits all from a chair: Flexibility
Strength
Improves endurance
Tone all body parts

All exercises are modified for the greatest impact.

When: Mondays, January 6, 13, 27 & February 3, 10, 24

Time: 12:15-1:00PM

Where: West Milford Recreation Center gym 3

Instructor: Fay Bizub

Price: \$30.00 for 6 classes

TO REGISTER

Go online to www.westmilford.org. Click on Community Services & Recreation, then **“REGISTER HERE FOR PROGRAMS”**. Once you are in Community Pass look for **“2025 SENIOR PROGRAMS”**.

