

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.

When: Mondays, July 7, 14 & 21

Note: no class on July 28th

Time: 12:15-1:00pm

Where: West Milford Recreation Center, gym 3

Instructor: Fay Bizub

Cost: \$15 for 3 classes



TO REGISTER: Go online to westmilford.org. Click on Community Services & Recreation; then "REGISTER HERE FOR PROGRAMS". Once you are in Community Pass, look for "2025 SENIOR PROGRAMS".