

GET FIT WHERE YOU SIT

Sponsored by West Milford Community Services and Recreation

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, March 3, 10, 17, 24, 31 & April 7, 14, 21, 28

Time: 12:15-1:00PM

Where: West Milford Recreation Center gym 3

Instructor: Fay Bizub

Price: \$45.00 for 9 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”**.

