

# 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, May 19 & June 2, 9, 16, 23, 30  
+ May 5 (make up of 4/7) & May 12 (make up of 4/21)

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](http://www.westmilford.org). Click on Community Services & Recreation, then **“REGISTER HERE FOR PROGRAMS”**. Once you are in Community Pass look for **“2025 SENIOR PROGRAMS”**.

