

# NIGHT CORE STRETCH & FLEX CLASS

**Sponsored by West Milford Community Services & Recreation**

Need a good stretch after a busy day? Let's work on improving flexibility, core strength and balance. All this is done in a gentle fashion, chair is used for support.

- \* **Have fun while you:**
  - \* **Increase your range of motion**
  - \* **Stretch out some of your aches and pains.**
  - \* **Meet new friends**
  - \* **Modifications will be provided**
  - \* **Perfect for beginners**
  - \* **Light weights are optional**

When: Mondays, May 1, 8, 15, 22

\$20.00 for 4 classes

Time: 6:30 to 7:15 PM

Where: Teen Center, 1073 Westbrook Road, West Milford

## TO REGISTER

Go online to [www.westmilford.org](http://www.westmilford.org). Click on Community Services & Recreation, then "**REGISTER HERE FOR PRO-GRAMS**". Once you are in Community Pass look for "2023 SENIOR PROGRAMS".