

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, September 12, 19, 26
October 3, 10, 17, 24, 31
\$40.00 for 8 classes

Time: 6:30 to 7:15 PM



Where: West Milford Recreation Center, 66 Cahill Cross Road—gym 3

July & August will be at the Teen Center, 1073 Westbrook Road

To register, go to www.westmilford.org, click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 2022.

If you need assistance, call the Recreation Office at 973-728-2871 Monday—Friday, 8:30 a.m. – 4:30 p.m.