

# NIGHT TIME CHAIR YOGA

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

Feeling inflexible and stiff after a long day? How about a gentle chair yoga class to promote balance, flexibility, and strength?

- \* **Have fun while you:**
  - \* **Increase your range of motion**
  - \* **Stretch out some of your aches and pains.**
  - \* **Gentle yoga poses in the chair and standing**
  - \* **Modifications will be provided**
    - \* **Perfect for beginners**
    - \* **Light weights are optional**

**Where:** West Milford Recreation Center, 66 Cahill Cross Road, West Milford

**When:** Mondays, May 2, 9, 16, 23

**Time:** 6:30 to 7:15PM

**Cost:** \$20.00

To register, go to [www.westmilford.org](http://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.