

SENIOR CHAIR YOGA



Sponsored by West Milford Community Services & Recreation

- ◆ Enhances flexibility, mobility, and builds strength.
- ◆ Tones muscles, and improves balance.
- ◆ Increases endurance.
- ◆ Reduce stress, tension, and pain.

When: Monday's, May 6, 13, 20 & June 3, 10, 17, 24

Time: 9:00-10:00AM

Where: West Milford Recreation Center—gym 3

Fee: \$35.00 for 7 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 **“2024 SENIOR PROGRAMS”**.