

SENIOR CHAIR YOGA

A stylized illustration of a person with short blonde hair, wearing a light blue short-sleeved shirt and dark grey leggings, sitting on a wooden chair. Their arms are raised straight up, and their hands are open. The background is a light blue gradient.

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, Jan. 6, 13, 27 & Feb. 3, 10, 24

Snow date if needed March 3rd

Time: 9:00-10:00AM

Where: West Milford Recreation Center—gym 3

Fee: \$30.00 for 6 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 **“2025 SENIOR PROGRAMS”**.